

MUSCLE 10 MINUTE TOTAL-BODY WORKOUT! P. 60 & FITNESS

VINCE McMAHON

THE WWE CHIEF
IS BETTER
THAN EVER
AT 69!

ABS
OF STEEL
WITH ONE
UNUSUAL
MOVE!
(And One
Dumbbell)

18
EASY
MEALS
THAT BUILD
MUSCLE

BIGGER &
STRONGER
OVER 40!

ROCK HARD CHALLENGE

GET STRONG
& LEAN IN
8 WEEKS
P. 90

SPIKE YOUR GH

In Three
Simple
Steps!
P. 149

BIG BACK BASICS

MARCH 2015
Display until March 30, 2015



muscleandfitness.com

CHECK OUT RAFIQUE'S FILM AT
THEISOPURECOMPANY.COM/BEHINDTHEMUSCLE
AVAILABLE AT GNC, VITAMIN SHOPPE

PURE FUEL TO BRING THE FIGHT

ISOPURE PROTEIN

THE HIGHEST QUALITY 100% WHEY
PROTEIN ISOLATE. FOR ENERGY TO
BE THE HIGHEST QUALITY HUMANS

WE'RE ALL MORE THAN MUSCLE



THEISOPURECOMPANY.COM

WorldMags.net

ZERO CARB

WEEK

BEPowerFUL®



AVAILABLE AT:

GNC
LIVE WELL



BODYBUILDING.COM



Lucky Vitamin
The Investor's Pick of Gold for Nutrition and Wellness

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.

One serving of **Whey HD™** provides you with 25 grams of undeniably delectable protein with unique mouthwatering flavors. The ULTRA PREMIUM formula of **Whey HD™** digests quickly and dissolves easily making it the choice for recovery and building lean muscle.*†

IT'S THAT **GOOD**





**ROB
WASLOWSKI**
EPIQ™ ATHLETE

@robwasowski



AVAILABLE EXCLUSIVELY AT
GNC
LIVE WELL



EPIQ™
CLEAN IS POWERFUL™

EPIQRESULTS.COM
Read label before use. © 2015.

NEW!

MUSCLEBUILDING BREAKTHROUGH!

DOUBLE THE GAINS

EPIQ™ PHOSPHATIDIC ACID DELIVERS A FULL CLINICAL DOSE OF PATENTED MEDIATOR® PA.

All-new PHOSPHATIDIC ACID from EPIQ™ is one of the most advanced musclebuilding formulas available, delivering double the muscle gains and boosting strength by 60%! Its potent 750mg dose of the purest, most bioavailable form of oral phosphatidic acid – Mediator® PA – helps you maintain elevated PA levels for hours for unbelievable musclebuilding results! Only patented Mediator® PA is certified for the highest purity with a highly specialized testing procedure known as nuclear magnetic resonance (NMR) spectroscopy – so don't settle for generic, under-dosed formulas with questionable ingredients. Get real results with the only patented form of PA that's delivered in every serving of EPIQ™ PHOSPHATIDIC ACID.

Get it exclusively at GNC.

LEAN BODY MASS GAINED AFTER 8 WEEKS (LBS.)

The phosphatidic acid group gained 2x the muscle as the placebo group after 8 weeks.



• **2X THE MUSCLE GAINS – SUBJECTS GAINED 5.3 LBS. OF MUSCLE IN 8 WEEKS**

• **60% STRENGTH INCREASE**

• **FEATURES THE PUREST FORM OF PHOSPHATIDIC ACID**





GNC **V** the Vitamin Shoppe. **Body** **Build** **Pro** **Performance**

amazon.com

TRUE STRENGTH
WWW.OPTIMUMNUTRITION.COM

ON

USA (800) 705-5226 • INTL (630) 236-0097



TRUE STRENGTH CAN SEE THE PRIZE

Whether your goal is to build a more muscular physique or improve your athletic performance, make sure your recovery from intense training sets a higher standard. Gold Standard 100% Whey™ provides 24 grams of all-whey protein in a shake you'll look forward to mixing up after hitting the weight room, finishing your road work or whatever physical challenge the day brings. Keep your eyes on the prize and accept nothing less than excellence.

24
GRAMS OF
PROTEIN

5.5
GRAMS OF
BCAAs

4
GRAMS OF
GLUTAMINE &
GLUTAMIC
ACID



CHECK OUT DAVID'S FILM AT
THEISOPURECOMPANY.COM/BEHINDTHEMUSCLE
AVAILABLE AT GNC, VITAMIN SHOPPE

PURE POWER

FOR AMPLIFYING PASSIONS

ISOPURE PROTEIN

THE HIGHEST QUALITY 100% WHEY
PROTEIN ISOLATE. FOR ENERGY TO
BE THE HIGHEST QUALITY HUMANS

WE'RE ALL MORE THAN MUSCLE



THEISOPURECOMPANY.COM

WorldMags.net

NATURALLY AND ARTIFICIALLY FLAVORED

CREAMY VANILLA

W
R
E
R

Wendy's
VEGETARIAN

**NO
BACKING
DOWN**

McMahon's
giant-sets back
routine will blast
your lats.

Features

24 VINCE McMAHON COVER STORY

WWE kingpin Vince McMahon gets candid about aging, training, and the past, present, and future of his sports-entertainment empire.

90 THE 2015 ROCK HARD CHALLENGE

Get big, get ripped, and win prizes in our biggest challenge ever.

110 STRONG MEN

The 10 most powerful humans to ever roam planet Earth.

118 MUSCLE MADNESS

The 16 best physiques of all time—you choose the winners!

122 SPICE THINGS UP

Revamp bland meals with rubs, marinades, and sauces.

132 PREVIEWING THE ARNOLD

The full rundown on the 2015 Arnold Sports Festival.

140 STRAIGHT UP: BACK

Use these old-school exercises to build a better back.

Sections

37 EDGE

Evander Holyfield; how to train like the Fighting Irish.

57 TRAIN

Pain-free workouts; a 10-min. TRX circuit; Zercher deadlift.

77 EAT

Simple ways to eat more fish, mushrooms, and beans.

149 SUPPS

Naturally boost growth hormone.

In Every Issue

12 Hot List

14 Arnold's Letter

16 From the Chairman

18 Editor's Letter

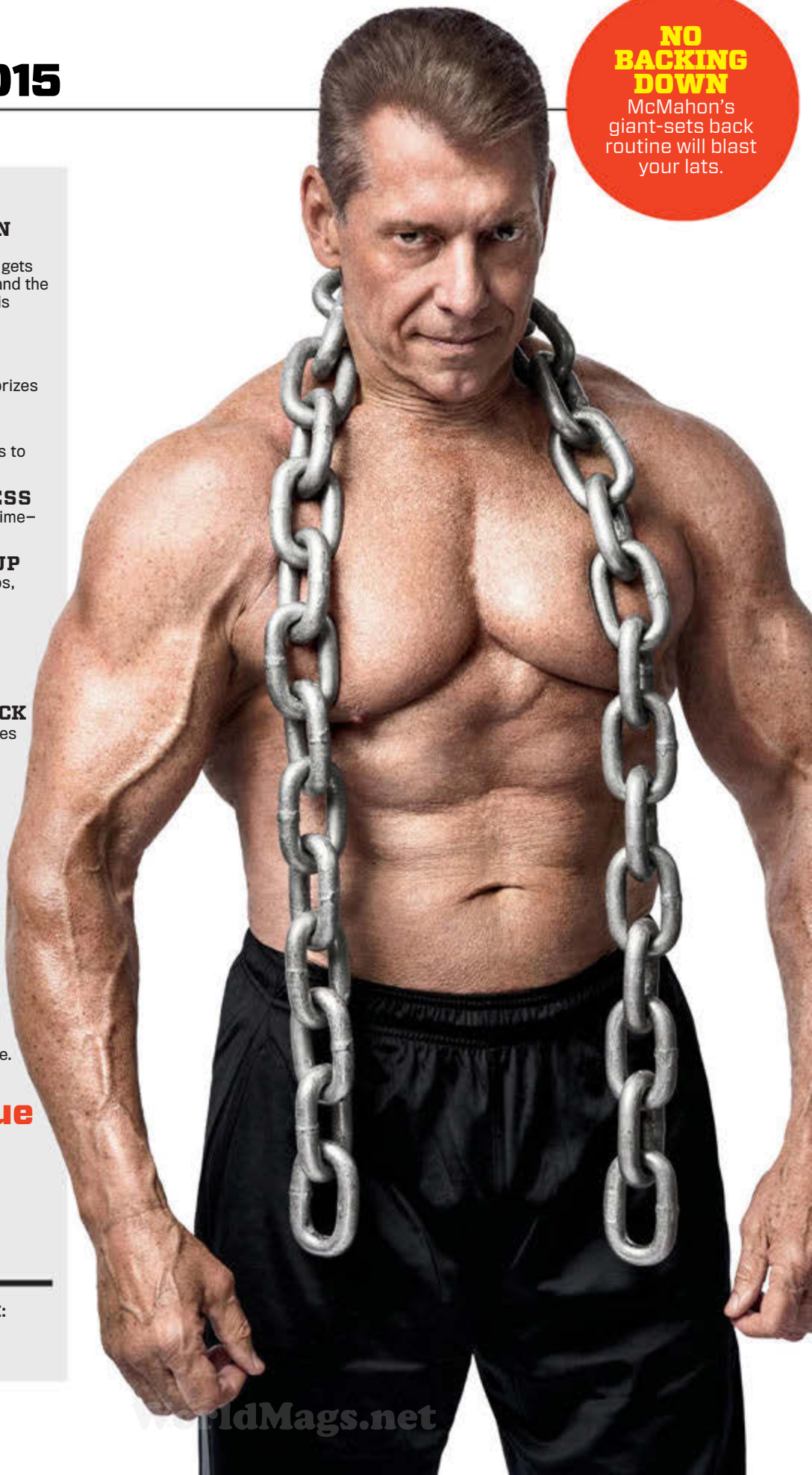
156 Star Power

158 Last Set

ON THE COVER & THIS PAGE:

Vince McMahon

Photographs by Per Bernal





Power up for your best-ever performance

Intense activity and workouts dehydrate your body and drain cells of glycogen, the energy stores that power your muscles. Sustamine® is a clinically tested sports recovery ingredient that combines amino acids L-Glutamine and L-Alanine. This unique combination works on multiple levels to restore your strength.* It enhances electrolyte and water absorption in the intestines, helps replenish glycogen and promotes healthy muscle repair.* It's also rapidly absorbed for faster recovery.* For hydration and muscle repair that can noticeably increase your competitive edge, look for products formulated with pure, vegetarian, allergen-free Sustamine.*



For serious performance and recovery
benefits, find products with Sustamine at
www.sustamine.com



Follow Sustamine®

*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

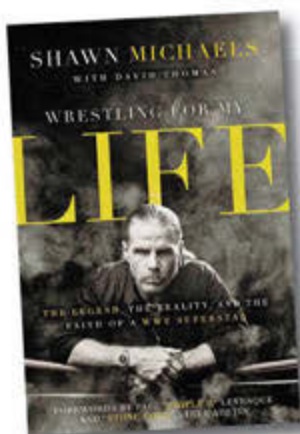
Sustamine® is a registered trademark of KYOWA HAKKO BIO CO., LTD.
Copyright ©2015 KYOWA HAKKO U.S.A., INC. All Rights Reserved.

Look for brands with Sustamine®
in their formulations



HOT LIST

WHAT YOU NEED TO KNOW THIS MONTH



READ

WRESTLING FOR MY LIFE

In this revealing autobiography, "the Heartbreak Kid," Shawn Michaels, shares shocking behind-the-scenes details from his legendary career in and out of WWE. Available now at bookstores everywhere.



TRAIN

SKULPT AIM

Not a typical fitness tracker, the Skulpt Aim has sensors that determine the quality (density and fat content) of your muscles, assigning a Muscle Quality score. \$199, skulpt.me



DRINK

ZICO CHILLED

Coconut water is lauded as nature's perfect way to rehydrate, but if you don't like the taste, you've had little recourse until now. Zico's new Chilled line adds real fruit juice and could convert ardent skeptics.

PLAY

BATTLEFIELD HARDLINE

The *Battlefield* series turns away from its military roots and enters urban America to focus on a war between cops and criminals that's gone completely haywire. Given *Battlefield*'s enduring reputation as gaming's best multiplayer first-person shooter, you'll want to circle the multiplatform release date of March 17.



JUMP START

YOUR DIET SEASON

-Anton Antipov
IFBB Men's Physique Pro

JUMP OVER YOUR LIMITATIONS AND WELCOME YOUR CHALLENGES. Fuel your drive with this intense ONE PILL ONLY fat-burning formula to help you break through your plateaus.

LIPO-6 Black Ultra Concentrate

- Increase Metabolism
- Burn Extra Calories
- 1 Month Supply
- Fast Absorbing



Nutrex
RESEARCH

YOUR DRIVE. OUR FUEL.

1-888-3NUTREX
Nutrex.com



WorldMags.net

FROZEN
As Mr. Freeze,
Arnold got to
chill out.



I hate training in winter. Do you have any tips for making cold-weather workouts more comfortable?

—GORDY L., VIA FACEBOOK

A: I CAN CERTAINLY relate to your problem. I trained through many a cold Austrian winter—where temperatures would routinely drop to zero and below—and in other cold locations when making movies or traveling for business. I can remember workouts where my hands actually froze to the bar, and I had to rip them off! The main thing that I learned to make those workouts as productive and safe as possible was to take more time to warm up.

Start your session with several layers of clothes on and do what is today called a “dynamic warmup.” This means calisthenics like jumping jacks and other body-weight movements that take your muscles through a full range of motion. The goal is to break a sweat as well as pump some blood into the muscles and fluid into the joints so that when you pick up the iron you won’t strain yourself. (Go to muscleandfitness.com to see examples.)

As you warm up, you can take some layers off. Another tip: Wear neoprene elbow and/or knee sleeves. These keep your joints warm and offer some stability.

If all else fails, come to sunny California! That’s what I did in 1968, and I haven’t looked back.

Yours in Iron,

Arnold Schwarzenegger

AF ARCHIVE/ALAMY

Blue Steel

How to train in winter weather.

#FUELINGSPORT

MULTI-LAYERED PROTEIN BAR

COMBAT

20g
PROTEIN

**GLUTEN
FREE**

CRUNCH™

- LOW SUGAR & NET CARBS
- ONLY 210 CALORIES
- DELICIOUS TASTE



AVAILABLE AT THESE RETAIL AND ONLINE OUTLETS:



WorldMags.net

Man for the Ages

At 69, **VINCE MCMAHON** is as inspirational as he is successful.

I KNOW YOU'VE already read the cover line, but I have to reiterate something that I myself am having a tough time processing—that the man on this month's cover, Vincent K. McMahon, is 69 years old! Look at the arms, the shoulders, the traps, and the chest on him, then take a look at our feature on Vince (beginning on page 24), and then imagine the dedication it takes to look as he does at an age when most of us are content to sit back and reflect. I'm 63 and have spent the better part of my life committed to an exercise regimen, yet I can't help but think, I hope I look that good at 69!

Making his physical achievements all the more impressive is the fact that Vince doesn't have the luxury of time. Running WWE is more a lifestyle than a career—but one in which fitness figures prominently. So prominently, in fact, that it's not unusual to find Vince pounding the iron at hours when the rest of us are sound asleep.

We featured Vince on our cover once before—back in 2006. That issue flew off the shelves at the time. So popular a cultural icon is he, and so unfathomable was it that a 61-year-old man could look as good as he did. To have Vince back on our cover, looking even better nine years later, is truly astounding.

I hope that this issue's cover inspires everyone to aim for their best, regardless of age. Vince McMahon is a man for the ages, and I couldn't be prouder to have him gracing this month's cover.



David J. Pecker

David J. Pecker
Chairman, President,
and Chief Executive Officer
of American Media, Inc.

MUSCLE & FITNESS

EDITOR IN CHIEF
Shawn Perine

EXECUTIVE EDITOR
Arnold Schwarzenegger

EDITORIAL ADVISER
Paul "Triple H" Levesque

EDITORIAL

MANAGING EDITOR, ENTHUSIAST GROUP/BOOKS
Brian Good
GROUP TRAINING DIRECTOR **Sean Hyson, C.S.C.S.**
DEPUTY EDITOR **Matt Tuthill, C.S.C.S.**
EDITOR **Ben Radding**
COPY CHIEF **Pearl Amy Sverdlin**
COPY EDITORS **Jeff Tomko, Heidi Jacobs, Yeun Littlefield**
RESEARCH EDITOR **Adam Bible**
ASSISTANT EDITOR **Mark Barroso**
EDITORIAL ASSISTANT **Brittany Smith**
OFFICE MANAGER **Pamela Nullet**
INTERNS
Nikki Donnelly, Christina Simonetti

ART

ART DIRECTOR **Ian Robinson**
SENIOR DESIGNER **Miguel Paredes**
CONTRIBUTING DESIGNER **Marne Mayer**
EDITORIAL PRODUCTION DIRECTOR **Russell Mendoza**
GROUP CREATIVE DIRECTOR **Andy Turnbull**

PHOTOGRAPHY

PHOTO DIRECTOR **Anthony Nolan**

MUSCLEANDFITNESS.COM

DIGITAL DIRECTOR **Tyler Stewart**
EDITOR **Ian Cohen**

CONTRIBUTORS

Edgar Artiga; Per Bernal; Kevin Horton;
Dwayne Jackson; Ph.D.; Matthew Kadey, R.D.; Sam Kaplan;
Tim Mantoani; Greg Merritt; Myatt Murphy; Dennis Nishi;
Rob Orlando; Travis Rathbone; Tim Scheett, Ph.D.;
Dustin Snipes; Matthew Solari; Ian Spanier; Marie Spano, R.D.;
Steve Stiefel; Gregg Wangard; Joe Webber

MANUFACTURING & PRODUCTION

PRODUCTION MANAGER **Kevin Fagan**
DISTRIBUTION SERVICE MANAGER **Marc Melcher**

INTERNATIONAL PUBLISHING, ENTHUSIAST GROUP

(UK) 44-142-350-4516; fax: 44-142-356-1469

FOREIGN EDITIONS



WEIDER PUBLICATIONS, LLC, A SUBSIDIARY OF AMERICAN MEDIA, INC.

CHAIRMAN, PRESIDENT & CHIEF EXECUTIVE OFFICER

David Pecker

FOUNDER AND CHAIRMAN EMERITUS

Joe Weider (1920-2013)

EXECUTIVE VICE PRESIDENT/CHIEF MARKETING OFFICER **Kevin Hyson**
EXECUTIVE VICE PRESIDENT, CONSUMER MARKETING **David W. Leckey**
EXECUTIVE VICE PRESIDENT/CHIEF FINANCIAL OFFICER/TREASURER **Chris Polimeni**
EXECUTIVE VICE PRESIDENT/CHIEF DIGITAL OFFICER **Joseph M. Bilman**
EXECUTIVE VICE PRESIDENT, DIGITAL MEDIA OPERATIONS/
CHIEF INFORMATION OFFICER **David Thompson**
SENIOR VICE PRESIDENT, OPERATIONS **Rob M. O'Neill**
GENERAL MANAGER, AMI INTERNATIONAL & SYNDICATION **Lawrence A. Bornstein**

PRINTED IN USA • We assume no responsibility for returning unsolicited material, including but not limited to photographs, artwork, manuscripts, and letters.



The information in MUSCLE & FITNESS is intended to educate. Do not substitute it for the advice of a qualified health care practitioner.

RIVALUS™

WE'RE PRO-ATHLETE

100% WHEY PROTEIN WHEY ISOLATE #1 SOURCE



FAST-ACTING
PROTEINS

3

WHEY PROTEIN ISOLATE

WHEY PROTEIN
CONCENTRATE

WHEY PROTEIN
HYDROLYSATE

24_G
OF PROTEIN

28.9_G
SERVING SIZE

83%
PROTEIN



#1 **WHEY PROTEIN ISOLATE**

PRO & OLYMPIC ATHLETE TRUSTED WORLDWIDE

100% WADA ioc COMPLIANT

100

percent
whey protein

#1

primary protein
whey isolate

31

servings per
container

0

banned
substances

RIVALUS™

100% WHEY - WHEY ISOLATE PRIMARY SOURCE

SOFT-SERVE VANILLA

NATURAL & ARTIFICIAL FLAVORS

800-620-4177 RIVALUS.NET @RIVALUS

WorldMags.net

Strong Example

You know why **VINCE McMAHON** looks as good as he does? Because he's his own toughest critic.

I WAS FORTUNATE enough to attend the photo shoot for this month's cover at WWE's headquarters in Stamford, CT. Interestingly enough, the original intention of the Per Bernal shoot had nothing to do with M&F. Instead, it was a birthday gift to Vince from Stephanie McMahon and Triple H—an opportunity to capture the fruits of his labor for posterity. It just so happened that I was there, as it was the same day as our Stephanie-Triple H shoot for the December/January 2015 issue.

As soon as Vince walked onto the set clad in a black tank top and track pants, I knew I had to ask him to consider appearing on an M&F cover for a second time. I was stunned. The muscularity that you see in that cover shot was every bit as evident in person. "How old is he?!" I rhetorically asked Triple H. My mind couldn't grasp that a man his age (69), with his schedule, could look that good.

After running it past Stephanie and Triple H, I decided to go up to Vince during a break in the action and ask if he'd consider being on our cover.



BIG TALK
In the '80s, Vince worked on camera, interviewing Superstars like Andre the Giant.

"Thank you for the offer. I appreciate it, but I don't know," he replied in a hushed tone. "I'm not sure I look good enough."

In the end it took a bit of coaxing, along with the help of his ever-supportive daughter and son-in-law, to get Vince to agree, and I couldn't be happier with the end result. Yet what impresses me as much as Vince's physique is his humility regarding it. Like a true bodybuilder, he sees in himself not so much the amazing physical specimen that had everyone at that shoot awestruck, but room for improvement.

I believe it's this mindset that makes him the amazing success he is, both physically and in life. And I believe that if you always stay hungry like Vince, you, too, will be sure to experience great success.



More Power to You,

Shawn Perine
Editor in Chief

ADVISORY BOARD

JOHN ALVINO

Alvino is a strength coach, nutritionist, and author living in Morristown, NJ.
[johnalvino.com](#)

ADAM BORNSTEIN

Bornstein is a fitness coach and the co-author of *Man 2.0 Engineering the Alpha*.
[bornfitness.com](#)

BEN BRUNO

A trainer in Los Angeles, Bruno works with athletes and celebs.
[benbruno.com](#)

JAY CARDIELLO

Cardiello trains celebrities, athletes, and executives and is the creator of JCore Accelerated Body Transformation.
[cardiellofitness.com](#)

JASON FERRUGGIA

Based in Santa Monica, CA, Ferruggia is the author of *Muscle Gaining Secrets* and *The Renegade Diet*.
[jasonferruggia.com](#)

TRIPLE H

The legendary Superstar is an executive vice president at World Wrestling Entertainment.
[wwe.com](#)

MARK HENRY

A WWE Superstar and the first Arnold Strongman champ, Henry has squatted more than 1,000 pounds.
[markhenry.tv](#)

MATTHEW KADEY

A registered dietitian and nutrition writer, Kadey is the author of *The No-Cook, No-Bake Cookbook*.
[mattkadey.com](#)

KEVIN LILLY

A former D-I football player, Lilly trains actors and athletes in L.A.
[kevinjilly.com](#)

JIM MANION

Manion is the chairman of the IFBB Pro League and president of the National Physique Committee.
[ifbbpro.com](#)

NATE MIYAKI

A nutrition consultant and former bodybuilder, Miyaki is the author of *Feast Your Fat Away*.
[natemiyaki.com](#)

CJ MURPHY

"Murph" is a competitive powerlifter and strongman and the owner of Total Performance Sports in Everett, MA.
[totalperformance sports.com](#)

ROB ORLANDO

A competitive strongman and CrossFit athlete, Orlando combines his passions at his gym, Hybrid Athletics in Stamford, CT.
[hybridathletics.net](#)

JIM SMITH

A strength athlete for nearly 20 years, "Smitty" has written several e-books and speaks around the country.
[dieselsc.com](#)



PUSH

your limits. Then push further.



TEAM BSN ATHLETE
Ryan Hughes
IFBB Men's Physique Competitor



THE ORIGINAL PRE-WORKOUT IGNITER. RE-ENGINEERED.

Fuel your body with advanced ingredient technology to help push you past your previous limits.



EXPLOSIVE ENERGY



ENHANCED ENDURANCE



MAXIMUM PERFORMANCE

For more information and special offers, visit:

www.goBSN.com



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

NOX-RH1 ©2014 BSN® For best results supplements should be taken as directed over time, at maximum dosage in conjunction with a healthy diet and regular exercise program. Results may vary.

WorldMags.net

WHAT'S HAPPENING
ONLINE NOW

THE 2015 ROCK HARD CHALLENGE

It's not official until you enter your "before" picture on our website! Head here to get started: **muscleandfitness.com/rhc2015**

PRESENTED BY



CHECK YOUR FORM WITHOUT BEING JUDGED

Is there anything worse than unsolicited "expert" advice? Follow our new Form Check series and no one will ever try to correct your form again. **muscleandfitness.com/formcheck**

THE STARTER'S GUIDE APP

We're invading your iOS and Android devices to bring you this comprehensive plan—presented by Optimum Nutrition—in a way you've never experienced *M&F*. **muscleandfitness.com/startersapp**

THE SPRING THAW PLAYLIST

Warm up and blast your next workout with this special playlist reminding you that you've got precious little time before beach season. **muscleandfitness.com/springplaylist**



SOCIAL MEDIA



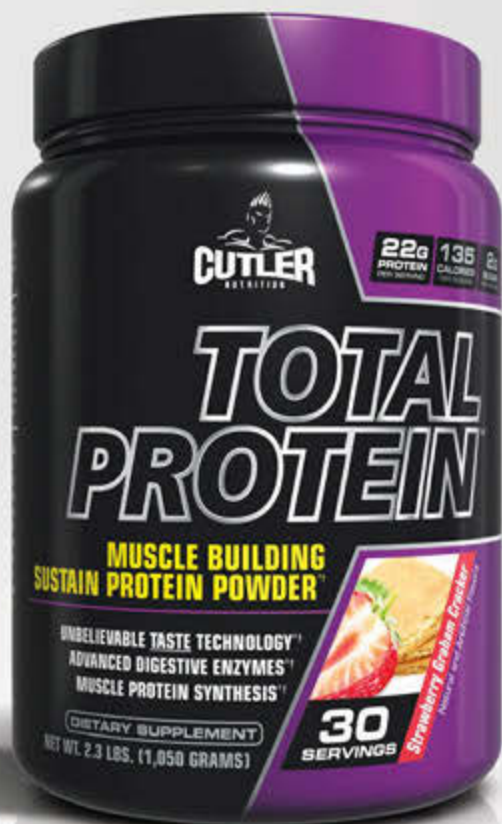
Like us at **facebook.com/muscleandfitnessmag** and interact with 4 million other fans just like you.



Of course, we tweet, too. Check out our daily updates by following us at **[@muscle_fitness](https://twitter.com/muscle_fitness)**.

EDGAR ARTIGA: STUDIO SOURCE/ALAMY

ALL DAY



GET THE RESULTS YOU WANT!



TRAIN LIKE A PRO

AVAILABLE AT:

GNC
LIVE WELL



Lucky Vitamin
The Essential Step to Good Health

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.
† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.

WWW.CUTLERNUTRITION.COM

THE WORLD'S MOST



Kevin Jordan
PRO BODYBUILDER

Robert Oberst
STRONGMAN

Big Ramy
PRO BODYBUILDER



NITRAFLEX® Seething intensity. Wicked pumps. Total domination. 8 delicious flavors.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

theVitamin Shoppe
energizing nutrition

GNC
LIVE WELL

B
BODYBUILDING.COM

POPEYE'S
SUPPLEMENTS LOWEST PRICES

X
EXCHANGE

MCM
CODE BRANDS
CORPS VALUE

POWERFUL LINEUP



Dennis James
PRO-BODYBUILDER

Sadik Hadzovic
PRO PHYSIQUE

Anette de la Rosa
PRO BIKINI



Visit GAT at ARNOLD BOOTH 809.

"I stand firmly behind our unconditional 90-day money back guarantee on all our products. Stay strong!"

Clark Moore
Charles Moore
PRESIDENT & CEO



#TEAMGAT | TEAMGAT.COM | facebook.com/GATsupplements | twitter.com/GATsupplements

#COMPETE HARDER

MOST MUSCULAR:
Vince McMahon
will be 70 years
old in August.
He's been weight
training for
55 years.



VIR McMAHON

The WWE's chairman is still making gains at 69 years old. Will you be?

BY SEAN HYSON, C.S.C.S. /// PHOTOGRAPHS BY PER BERNAL



ULK HOGAN. BRET HART. "STONE COLD" STEVE AUSTIN. THE ROCK.

They're names you grew up with (or have grown old with), and you can't imagine sports entertainment—or even television, for that matter—with-

out them. And you have one man to thank for letting them entertain and inspire you all these years, even though you may hate to admit it: Mr. McMahon.

Vince McMahon, of course. Chairman and CEO of WWE, pioneer of pay-per-view television, and the man

who recast pro wrestling from a fringe pseudo-sport into a family-friendly sports-entertainment phenomenon that millions of fans now enjoy around the world. Though he has long played a despicable corporate tyrant on WWE broadcasts, the real McMahon has stayed true to his humble roots and, very visibly, his love of weight training. Verging on 70 years old, he's 240 pounds and hovering at 5% body fat, and he's not about to trade the weight bench for a rocking chair. Read how he's training after more than 50 years in the iron game, and see if you can keep up!

Vince McMahon

M&F: What got you interested in weight training?

McMAHON: I was 14 and Steve Reeves had just done *Hercules*. I was motivated by him. He had an amazing physique. Also, Dr. Jerry Graham, who was one of my dad's premier performers back in the day [Vince McMahon Sr. owned WWE (then WWF) prior to Vince taking control], gave me my first set of weights. I remember the name of the company that made them—Healthways.

You've trained with some of the Superstars over the years. Can you tell us a story about one of those times?

I trained with Mark Henry once. We were training back that day, and the World's Strongest Man could not keep up.

We interviewed Henry in a previous issue, and he mentioned that you gave him a pretty good beating.

[Laughs] First of all, when you're my age, you need to have a few tricks up your sleeve. I showed up, and Mark was full of adrenaline, ready to train, and couldn't wait. I went to my locker room and stayed there. I read, did some business, and an hour later I came out. By the time I came out, Mark's energy and enthusiasm had waned considerably. From a psychological standpoint, I tried to gain an advantage there and did.

And Mark is a strong-man type of lifter—one and done, or two reps. I was very deferential to Mark in the first giant set we went through. But in the second one he was green around the gills. That's when I started saying, "The World's Strongest Man is not doing too well at the moment." By the end of the workout, I was all over him. "Come on, Mark! I'm 60-something years old, and you're

SPORTS ENTERTAINER: McMahon wrestled in his school days and served as a color commentator on his own broadcasts.

the World's Strongest Man!" Psychologically, I pretty much decimated him on that last giant set. I almost felt sorry for him, but he challenged me. That was a fun day for me.

You've always been a very physical guy, but people were surprised that you decided to take part in grueling WWE matches for the first time when

you were in your 50s. Had you been practicing falls for years, or did you have to learn to be a WWE athlete almost overnight?

I always wanted to be an in-ring performer, and my dad, who preceded me, wouldn't allow me to because he felt you couldn't be an objective businessman and a performer at the same time. It was something I wanted to do, and the opportunity just presented itself.



COURTESY OF WWE



SUBJECTS GAINED

16.3 LBS. OF LEAN MUSCLE



BREAKTHROUGH RESEARCH AT THE UNIVERSITY OF TAMPA



Unlike other so-called "revolutionary ingredients" that are only backed by animal studies, researchers at the prestigious **University of Tampa** in Florida conducted a randomized, double-blind, placebo-controlled clinical study on very well-trained bodybuilders.

CLEAR MUSCLE™ is a revolutionary musclebuilder powered by **BetaTOR™** – a metabolite and free-acid derivative of leucine and HMB that's exclusive to MuscleTech® in a clear, liquid pill. It works to dramatically amplify protein synthesis while simultaneously fighting catabolism to put the body in the perfect state to build muscle. In fact, in a clinical study conducted at The University of Tampa, the musclebuilding results of **CLEAR MUSCLE™** were shown to be more impressive than any other studied performance-enhancing supplement in sports nutrition history. Now it's your turn to try it! Take the **CLEAR MUSCLE™ CHALLENGE**; visit MuscleTech.com/TrainHard for the 12-week training protocol.



See what people are saying about **CLEAR MUSCLE™**. Watch the videos on youtube.com/user/TeamMuscleTechVideos and join the conversation by uploading your own **CLEAR MUSCLE™** review.

MUSCLETECH.COM

GNC
LIVE WELL

BODY
BUILDING

theVitamin
Shopper

bodyVitals

100%
HMB

LONE STAR
NUTRITION

USA
NUTRITION

Quite frankly, I had not trained in the fundamentals. I knew how to do it; I'd just never done it. All of a sudden I was an in-ring performer and a producer and director. It was difficult to do it all, so my dad was right. But it was so much fun.

I did what we call "working close"—I connected every shot with my adversary in the ring so as not to make him look bad. And likewise I knew I couldn't sell what they were doing to me unless I could feel it, so I asked them to lay it in, too.

Did you worry for your safety?

I did. No one else did! Who in God's name would get in the ring at 50-something years old? But I've never asked any of our performers to ever do anything I wouldn't do. And I've done a lot through the years. [Getting in the ring] wasn't something I planned; it just sort of evolved. It started with Bret Hart and then went into the Stone Cold situation. Mean old egotistical executive picking on working-class "Stone Cold" Steve Austin. It was easy for me to do.

"Come on, Mark! I'm 60-something years old, and you're the World's Strongest Man!"

What led to the shaping of the Mr. McMahon character, and where does that villainy come from?

I grew up dirt poor. When you're in that class, a lower economic class, everyone is, quote, "above you." And there were a number of individuals who thought they were above me because of their economic situation. It always bugged me that people would think they were better than me. I developed a philosophy that no one's better than me, and at the same time I'm no better than anyone else. Even though I am one, I don't associate with rich people, generally speaking. I don't belong to country clubs. It was easy for me to feel that [Mr. McMahon character] psychologically.

As far as being mean, my background is a var-

ied one. I had a violent stepfather. It was easy for me to feel what that was like. Really, I'm more like "Stone Cold" Steve Austin—I'm the common man. To this day I am. I drive a nice car and what have you, but I think one of the keys to WWE's success, quite frankly, is that I remain who I am.

Do you think growing up like you did gave you a certain anger that made you push your body harder?

I wouldn't say it was anger, but I find the gym to be a socially acceptable way for me to rid myself of this superaggression that I have. I think it's just naturally there. I don't think it's necessarily a result of the environment that I lived in. I think it's more genetic than anything else.

Training is a way to deal with that aggression. I generally train at night, sometimes at midnight. There's a wonderful gym in our office building. Training helps me physically, but it gives me stability mentally. If I don't train, I'm an angry bear.

BUTTING HEADS: Nearing what would be retirement age for most men, McMahon was actively performing with the likes of Hulk Hogan.

With your physique, were you ever worried that you'd make some of the Superstars look small?

[Laughs] No. In the old days [when McMahon was a ringside announcer] I was concerned about the performers not being as tall as me. We would compensate for that in various ways.

Did you have them stand on a box?

Yes. Pampero Firpo is an example. We had him standing on an apple box. I often didn't wear any shoes. It was a very cold, concrete floor.





NEW!

MAX POTENCY FOR INTENSE RESULTS



All-new MuscleTech® ANARCHY™ is the most explosive pre-workout concentrate ever created – period. It's packed with max doses of today's most in-demand and powerful ingredients in never-before-seen combinations to deliver:

- **Explosive Energy, Intensity & Focus** – Packs more caffeine per serving than the next leading brand to deliver an unparalleled sensory experience when combined with a precise dose of choline bitartrate
- **Powerful Gains in Muscle & Strength** – A full 3,200mg dose of beta-alanine per 2 scoops helps amp up muscle and strength building, while the potent dose of caffeine jacks up muscle strength and power
- **Extreme Muscle Pumps** – Delivers a studied dose of patented Nitrosigine®, shown to boost nitric oxide and plasma arginine levels, plus super-concentrated HydroMax™ glycerol

ANARCHY™ has everything you need for better workouts that build more lean muscle, enhance strength and amplify power. Try it today for your most intense workouts ever!

THE ANARCHY ADVANTAGE

	ANARCHY	COMPETITOR 1	COMPETITOR 2	COMPETITOR 3
Beta-alanine	3.2g	3g	Zero	2g
Caffeine	380mg	270mg	Undisclosed Amount	Undisclosed Amount
Nitrosigine®	1.5g	Zero	Zero	Zero
HydroMax™	1g	Zero	Zero	Zero
Yohimbe extract	40mg	Zero	Undisclosed Amount	Zero
L-theanine	150mg	Zero	Zero	Zero
Choline bitartrate	200mg	Zero	Zero	Undisclosed Amount
Rhodiola	100mg	Zero	Zero	Zero

*Amounts displayed in chart are based on a full dose.

INCREASES BLOOD ARGININE LEVELS



MUSCLETECH.COM

3,200 MG BETA-ALANINE

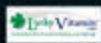
A 3,200mg dose of beta-alanine, provided in 2 scoops of Anarchy™, has been shown to enhance the muscle- and strength-building process.

1,500 MG NITROSIGINE®

Nitrosigine® is a novel form of arginine and silicon that's been clinically shown to increase nitric oxide levels.

1,000 MG HYDROMAX™

HydroMax™ Glycerol is an advanced ingredient that is 10 times more concentrated than the competitor's glycerol monostearate.



*Per 2 scoops. Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2015

Vince McMahon

What is your advice for sticking it out in hard times?

I think you have to develop an attitude. From the severity that I experienced, taking numerous beatings and things of that nature, I developed a defensive philosophy that has served me very well through the years. That is: If I lived through whatever the adversarial position was, I won. No matter what happens, if I'm still breathing in and out, I won. So if you have that kind of philosophy, then failure is not a big thing.

What is your fitness and nutrition regimen like these days?

I'm still making gains. Very, very slow gains [laughs], but I am, and that's something you can do for the rest of your life. If you train as a lifestyle, it helps you through everything. My training has evolved. When I worked out

different from Steve Stone's. Mike's technique is one of safety, which is so important. His philosophy is, don't do anything where you can get hurt. You can do a max, but you really have to work into it. I recently had a resurfacing of my left hip, so I'm at a 560 squat now, and our goal is to get back up to 600.

That's an incredible number for someone at any age.

Age really doesn't have anything to do with it. I'll be 70 in August. I had a personal best a few weeks ago on the incline Hammer Strength machine. I did five reps with 450. It's important to make gains, but it's important to be safe. If you have an injury in the gym, it sets you back so much it's not worth whatever gain you were going to make. That's why strict form is so important. It's about form, not the weight.

“I got a personal best of a 700-pound squat for three reps, after a double quad tear.”

with [bodybuilder] Steve Stone, he had an old-school philosophy of just get the weight up. It doesn't matter how you do it, just get it up. And with that philosophy I got a personal best of a 700-pound squat for three reps when I was 60-something, and that was after a double quad tear. That was an arena injury [not training related].

What I do now with Mike Monteforte, my trainer...I don't really have a trainer. We train together. He is my trainer, but we train together. I don't like people saying, “Come on! You can do it.” It makes me want to rack the weight and say shut up. Mike's training and technique are totally

What's the WWE corporate gym like?

I consider the gym church. It's sacred ground. When you walk in there, you walk in with respect, and everyone is welcome. It doesn't matter what your body type is. But if you're screaming and growling and dropping your weights, I'll show you the door. Stay away from the muscleheads who are growling. That's not allowed in my gym. Another thing that's not allowed in my gym are cell phones.

What are you eating?

I look at eating as fuel. I'm not that conscious of the protein I eat, but I know it's a lot. I think cheat meals are very important, so I do

ANYTIME, ANY PLACE: If McMahon knows he might miss a training session due to his hectic schedule, he will double up on some days.



it about once a week. When you cheat, go for it. It's important from a psychological standpoint. Oreos are my favorite cookie. I'll eat an entire box. And my philosophy is that the body can assimilate only so much in a given time. If you have two or three Oreos every day, not good. But if you eat an entire package of Oreos at one time, it's OK. It just passes through. I'll eat pasta loaded up with meat sauce.



Pizza. All the carbs you stay away from normally, load 'em up. I will gorge. It's almost like I will force-feed myself on a cheat meal. And afterward I think, "Oh, my God, I don't want to feel like this." So it gets me back in the frame of mind immediately after the digestive process to do the right thing.

You've been credited as one of the pioneers of pay-per-view TV as well

as the man who reinvented sports entertainment. What do you think your legacy will be?

I don't look at myself as having a legacy in entertainment, and quite frankly I don't care. It doesn't matter what I think, it's what people perceive. I'm not good at patting myself on the back. I want to be known as a loving father and grandfather. And if I'm lucky, a great-grandfather. And I'm the

luckiest man in the world without question, so it might happen.

What will happen to WWE if you retire, or, eventually, go up to that big ring in the sky?

Our future from a corporate standpoint is extremely strong because we have so many talented executives, and they all bring different strengths to the table. Steph and Paul will certainly have significant

Vince McMahon

roles going forward. I think when I kick, the organization is going to change, and I think for the better, because there's no one person who can do all that I can do because of my background. There's no one individual who's going to take my place.

What is your advice to young entrepreneurs?

Have a passion for what you do and you'll never work a day in your life.

What is your advice to aspiring Superstars?

Reach for the brass ring. Don't be happy with just making the team. It's important to not be concerned with failure and not be afraid of making a fool out of yourself. You know, when I was my character, I did all kinds of things that to the normal person would be humiliating. But it was a character, and I think you can't be afraid of failing in front of a live audience. You need to be able to learn from it and accept it. Don't be afraid to try new things.

FAMILY FEUD: McMahon, his son-in-law Paul "Triple H" Levesque, and daughter Stephanie make up the most powerful trio in sports entertainment.



WATCH WRESTLEMANIA 31 ON WWE NETWORK AND PPV AT 7 P.M. EST ON SUNDAY, MARCH 29, LIVE FROM LEVI'S STADIUM.

Do you have a favorite Superstar?

That would be Undertaker because of his loyalty, his longevity, and his extraordinary commitment to his character. We have lots of fun creating fun. [Superstars] try to crack each other up from time to time, and we all have tried to get Undertaker to break character, and we can't do it. He is such a professional and an extraordinary human being behind the character. He's committed to his craft and has worked through injuries.

What is your favorite WrestleMania moment?

WrestleMania III in front of what was the largest indoor attendance record—93,000 people at the Silverdome in suburban Detroit. When Hulk Hogan slammed Andre the Giant. I think that's been the biggest moment thus far.

Do you think you'll ever surpass that?

I think there's a good opportunity with an announcement we'll make soon. **MAP**

VINCE MCMAHON'S BACK WORKOUT

Giant sets and little rest define this routine for lats as wide as a barn door.

McMahon trains up to seven days a week, sometimes doing two-a-days if he knows he may miss a session due to his grueling schedule. He rotates through a split of chest, shoulders, arms, legs, and back (which is his strongest body part and favorite to train).

"On the bentover row he can do 315 for 10 reps," says Mike Monteforte, McMahon's trainer and workout partner. "He has unbelievable strength in his back." After completing a body part, the two will then do a CrossFit-inspired workout consisting of battling rope slams, sled drags, sledgehammer swings (with a hammer named Big Jack, an allusion to the AC/DC song), and sprints. After that—yes, there's more!—he does a circuit of ab exercises. The whole training session takes 90 minutes.

McMahon does most of his exercises as giant sets, performing them in groups of three. He'll do one set for each exercise in the group before resting and then do the same for all the other groups in the workout. He then returns to the first group to increase the weight and decrease the reps and repeats the cycle. He rests while Monteforte works and vice versa. At right is a sample back day.



BACKING IT UP: McMahon's favorite body part to train is back. He can do bentover rows with 315 pounds for reps.

GIANT SET 1

EXERCISE	SETS	REPS
Lat Pulldown*	3	15, 12, 10
SUPERSET WITH		
Bentover Row	3	15, 12, 10
SUPERSET WITH		
Shrug	3	15, 12, 10

GIANT SET 2

EXERCISE	SETS	REPS
Cable Row	3	15, 12, 10
SUPERSET WITH		
Close-grip Pulldown	3	15, 12, 10
SUPERSET WITH		
Pullover	3	15, 12, 10

GIANT SET 3

EXERCISE	SETS	REPS
DB Bentover Row	3	15, 12, 10
SUPERSET WITH		
One-arm Pulldown	3	15, 12, 10
SUPERSET WITH		
One-arm Row	3	15, 12, 10

After performing every giant set once for 15 reps, McMahon repeats the routine for 12 reps, then 10. When he feels strong, he'll occasionally max out for a set of five or three reps.

* McMahon performs four to five warmup sets of 20 to 25 reps first.

AMERICA'S MOST ATHLETIC FAMILY

KEEP UP WITH

A full-page photograph of two athletes, Chandler Jones and Jon Jones. Chandler Jones is in the background, wearing a dark blue football jersey with the number 55 and a 'MUSCLETECH' logo. He has a serious expression. Jon Jones is in the foreground, shirtless, with his mouth wide open in a shout or yell, showing his teeth. He has tattoos on his chest and arms, including the words 'JonnyBones' and '4:13'. The background is dark with a grid of glowing white dots.

CHANDLER JONES

Team MuscleTech® Athlete
Defensive End, New England
@Chan95Jones

JON "BONES" JONES

Team MuscleTech® Athlete
#1 Ranked MMA Champion
@JonnyBones

IS POWERED BY MUSCLETECH®

THE JONESES



JONES BROTHERS TRUST MUSCLETECH®

Protein can fuel anyone, but the Joneses aren't just anyone. That's why they use NITRO-TECH®. NITRO-TECH® has scientifically researched core ingredients shown to deliver massive gains in size and strength. If you want to keep up with the Joneses, use the best. Use NITRO-TECH®.

ARTHUR JONES

Team MuscleTech® Athlete
Defensive End, Indianapolis
©Artj97



THE SCIENCE OF PERFORMANCE

GNC
LIVE WELL

BODY
BUILDING.com

V theVitamin
Shopper

LifeVantage

100%

LOVE STAR
NUTRITION

MUSCLE & POWER
USA

TRAIN INTENSE

LESS EXPENSE



Body Fortress® Super NOS Blast is an advanced pre-workout that amplifies energy, strength and mental focus*...with **MORE SERVINGS PER CONTAINER** at **NEARLY HALF THE COST** when compared to "so-called" leading pre-workout supplements.

TRAIN INTENSE at LESS EXPENSE with Body Fortress®

BODY FORTRESS®

YOUR BODY. YOUR FORTRESS.®

WWW.BODYFORTRESS.COM



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

†Per 2 scoops.

Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.

Jamie Varner is a Team Body Fortress® sponsored athlete.

©2015 United States Nutrition, Inc.

14-BF-1101nd

Available at Walmart

SPORTS

Islanders center John Tavares, p40.

IRON MAIDEN

This Octagon girl is reason enough to watch UFC, p42.

INSPIRATION

Ben Booker is back from the brink, p44.

OLD SCHOOL

Catching up with the champ, Evander Holyfield, p50.

NEWS / INTERVIEWS / SPORTS / GEAR

This Girl Could Bury You

You're about to get lifting advice from a girl. And why would you want that? Because it's from **CAMILLE LEBLANC-BAZINET**, the 2014 CrossFit Games winner—and Fittest Woman on Earth. Anything you can do, she can probably do better. So listen up.

AS TOLD TO BRITTANY SMITH
PHOTOGRAPHS BY DUSTIN SNIPES

TURN HERE FOR HER WORDS OF WISDOM

THERE'S THIS BARRIER we all put on ourselves, "Oh, I can't do X, Y, and Z because..." and then you give yourself an excuse. I think what changed the most for me is not giving myself an excuse for anything and really taking the blame for the consequences of my actions either positive or negative. That's the first thing that really helped me—having no limitation and believing that nothing can stop me, and then in the workout, it's trying to apply it.

THE BIGGEST MISTAKE

that men make is they try to skip some steps. They'll sacrifice a lot of their technique just to try to lift as much as possible. I think part of the reason I can lift so heavy is not only that I'm strong, but I also move very well, and my technique is dialed in. You need to be able to leave your ego at the door and be willing to take a couple of steps back to perfect your form if you want to move forward much further.

MEN SEE ME IN THE GYM—and I'm a tiny girl—so when we start, they'll try to impress me. Then at a point, they'll look back on my bar and they start laughing. It really humbles them. And after that, what they do normally is they'll joke around that "Oh, today my goal is for Cam to not outlift me again." It's just funny—and I pick on them!

WHEN YOU CRAVE BAD

FOOD wait five minutes, or eat something healthy instead, and most of the time the craving will go away.

Oftentimes, for me, if I crave something, it's my body telling me it needs that. If I crave fries or pizza, normally it's because I need salt in my nutrition, so I'll try to eat something with a little bit of salt in it without eating fries or pizza. And other times it's just being lazy, right? You're just a little bit tired and lazy, and you feel like if you eat sugar it's going to help you wake up. But it's funny because I would say 99.9% of the time when you eat sugar, you're still not waking up.

THERE ARE TWO TYPES of people—those who are too careful about pace and never get enough out of their workout, and the other type who go way too hard, hit the wall, and then can't do anything after. I definitely think that running helps you know how to pace. You should know how hard to hit a two-minute workout, a four-minute, a five-minute, a 10-minute, a 20-minute, and so on.

SLEEP IS SO IMPORTANT it's almost insane. I think that people should truly sleep their way to the top. I think people who want to train more by sleeping less are hurting themselves more than anything else. You need to have a good bed; it's something people should invest in.

DOING A ONE-REP MAX or benchmark workout, for me, will be once every three months. They're really not that often through the year because I want to hit those peaks when I'm competing. I think men focus too much on numbers, especially for strength. Trying to do a one-rep max all the time—I don't think it's a good idea. But for benchmark



“Men will sacrifice a lot of their technique just to try to lift as much as possible.”

workouts, I do think that you should do them a couple of times through the year so you can see if you're getting better or not.

IF YOU KEEP DOING THE SAME THING and it's not working, then stop doing it. I think CrossFit is so great because it always varies, so you always need to adapt to something new and you always have a new challenge. I think a lot of people in CrossFit at a point start to focus a lot more on strength, and they hit this plateau where they're like, "Ah, I'm not getting stronger." When you hit your plateau, I think you should go back to varying your routine—and varying it often.

THE STATS

HEIGHT	AGE	BEST SNATCH	BEST BACK SQUAT
5'2"	26	190 lbs	310 lbs
WEIGHT	BEST CLEAN & JERK	BEST DEADLIFT	MAX PULLUPS (KIPPING)
130 lbs	230 lbs	300 lbs	80



RIVALUS™

WE'RE PRO-ATHLETE

AMINOCHARGED IN-WORKOUT ENERGY

MICRONIZED AMINOS

AMINO ENDURANCE MIX

GLUTAMINE
L-CITRULLINE
CITRULLINE MALATE

2:1:1

BCAA MIX

3.0G LEUCINE

1.5G ISOLEUCINE

1.5G VALINE

STAMINA+
MUSCLE
RECOVERY

LACTIC
ACID
+ SORENESS

PRO & OLYMPIC ATHLETE TRUSTED WORLDWIDE

100% WADA IOC COMPLIANT

800-620-4177 RIVALUS.NET @RIVALUS

WorldMags.net

6

grams BCAAs
at 2:1:1 ratio

1

gram glutamine
per serving

1

gram citrulline
per serving

0

banned
substances

TM

STEEL

IN-WORKOUT CORE BCAA ENERGY CONVERTER

BLUE RASPBERRY

NATURAL AND ARTIFICIAL FLAVOR

The Gold Standard

For New York Islanders captain **JOHN TAVARES**, the road to league domination led through the gym. **BY MARK BARROSO**

BEING SELECTED FIRST

overall in the NHL draft—as John Tavares was in 2009—carries some lofty expectations. But Tavares, who leads the Metropolitan Division's first-place (as of this writing) Islanders in points, has done nothing but exceed those projections, never resting on his considerable natural ability.

"There's always room to grow," Tavares says. "I'm never satisfied." From a grueling off-season schedule that sees him lift five days a week—not including cardio and yoga—to the rigors of the long regular season, Tavares is as single-minded as a monk in his approach to the game and has never taken his eyes off the ultimate prize.

"The goal is to win the Stanley Cup," he says. "You take it one game at a time, but keep your eye on that goal."

TRAIN LIKE A PRO THE WORKOUT

THE WARMUP

Foam Roll

Thermal Warmup*

Dynamic Warmup**

*Stationary bike or treadmill

**Lateral bound, crossover, side shuffle

Perform this circuit for three rounds.

EXERCISE	REPS
High Pull	5
Squat	10
Single-leg Squat Jump	10
Kettlebell Woodchop	5 (EACH SIDE)

PRO TIP

"I wear compression pants when I travel on a plane. It really helps blood flow."



FOR THOSE WHO DEMAND MORE

More quality proteins. More Essential Amino Acids. More BCAAs. More nutrients that support massive muscle size and strength gains with less sugar, fat and everything else you make a point of avoiding. ON's PRO Series brings it to your shaker cup in potencies you can depend on to fuel recovery from intense training – no matter how big you are or want to be.

TRAIN HARD. RECOVER BETTER.



© 2015 Optimum Nutrition Inc.



Manufactured in
ON's GMP Registered
Facility

GNC

Vitamin
Shopper

BODY
BUILDING.com

TRUE STRENGTH[™]
WWW.OPTIMUMNUTRITION.COM



USA (800) 705-5226
INTL (630) 236-0097

These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

*PRO BCAA contains 13g of amino acids,
of which 8g are BCAAs and 5g are Glutamine
■ Naturally Added

MMA Marvel

JAMILLETTE GAXIOLA, the reality TV star and onetime Miss Grand Cuba, is used to the spotlight. Now she'll be front and center in the cage, joining the UFC as an Octagon Girl.

BY BRITTANY SMITH

THE STATS

HEIGHT	RESIDENCE
5'9"	Las Vegas, NV
AGE	WEIGHT
25	120 lbs

M&F: What's the strangest question you've ever been asked in a pageant?

JG: "Since you're representing Cuba, you must be communist. So if you're communist, why do you live in the States?" It's just very simple—if I were a communist, the U.S. would be the last place I would live.

Ever have a Janet Jackson-esque wardrobe malfunction?

In the Philippines, it's very humid. If you sweat too much, those bras that you just tape on, they're not going to stick, and my dress was really loose. It just kind of went *droooooop* onstage, but I had enough time to catch it on my leg before it completely dropped. I was just

trying to maneuver to catch it, hold it, make it stick, and just walk it off.

Your favorite UFC moment?

I went to my first fight a year and a half ago. It was amazing. The energy in that building, it's just priceless. The fight that definitely got my attention, though, was the time that Ronda Rousey knocked out Alexis Davis in 16 seconds in the first round.

Ever been in a fight?

In high school, I used to be picked on a lot because I was this tall, awkward, lanky-looking thing, so I was an easy target. You can only take so much, and after a while, something goes off. I was in so much trouble. My mom is this cute little lady, but she runs the house like the military. I wasn't able to see sunlight for a few months.

Are there dos and don'ts for getting your attention?

Be innovative and original in your approach. That's something that will always stand out. And avoid the cheesy pickup lines. The worst pickup line I've had the pleasure of receiving was: "Girl, did you fall from heaven? Because you look like Satan!" One of my favorites and probably the most amazing pickup line I've heard is: "Is your daddy a baker? Because you've got a nice set of buns!"

So what do you look for in a guy?

Actually, a nice set of buns would be good to start with, but the most attractive attribute a man could have is a good sense of humor.

FIND JAMILLETTE ON:

Instagram and Twitter: @JamilletteG

Website: jamillettegaxiola.com



Failure Is Welcome

In high school, DailyBurn trainer **BEN BOOKER** got drunk and drove his car into a ditch. Fully recovered, he teaches people now that failure isn't necessarily a bad thing. **BY CHRIS GIBLIN**

BEN BOOKER was burning the candle at both ends early in life. He developed a drinking habit in eighth grade but still managed to become a three-sport athlete in high school. "It was a constant battle," he says, between the sports and alcohol. The conflict came to a head in 1998 during his senior-year football season when he got drunk and drove his car into a ditch, breaking his third and fourth lumbar vertebrae.

Booker returned to the gym a few months later, but he continued his battle with the bottle. "I convinced myself that [my accident] wasn't because I was drunk," he says.

He finally kicked the habit in 2006, when he realized that "pretty much everything bad in my life—my relationships, my money, everything—could be traced directly back to alcohol."

He hasn't looked back since, and he's now in the best shape of his life. In 2010, he created his own company, Second Chance Lifestyle, and recently started a program called *Live to Fail* for DailyBurn, a Netflix-like service that streams workout videos.

Still a recovering alcoholic by his own admission, he's thrilled to have the chance to help others learn from his mistakes.

"If you take your experiences of failure and embrace them, you can truly start growing," he says. "And I love working that into training, because it's the same thing."

"So many people look at failure as scary, but that's where the true growth is unlocked."

TRAIN WITH BEN

Check out Booker's *Live to Fail* program at dailyburn.com.



COURTESY OF DAILYBURN

RIVALUS™

WE'RE PRO-ATHLETE

SAME POWERFUL TEAM BRAND NEW UNIFORM

The first sports supplements developed specifically to pro athlete specs - are sporting a new look.
We manufacture in our own state-of-the-art NSF & GMP approved facility.
We design it. We make it. We sell it. We ship it.



GMP NSF CERTIFIED
FACILITY

INFORMED-
CHOICE
Trusted by sport

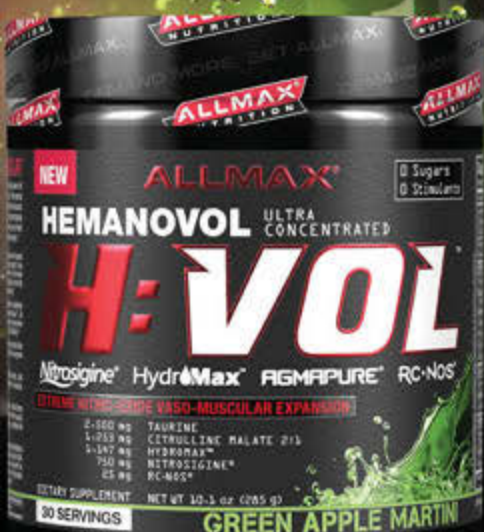
PRO & OLYMPIC ATHLETE TRUSTED WORLDWIDE
100% WADA ioc COMPLIANT

800-620-4177 RIVALUS.NET @RIVALUS

WorldMags.net

AVAILABLE AT
GNC
LIVE WELL

IT'S LIKE
FEEDING YOUR
MUSCLES
WITH A
FIREHOSE!



Join the Conversation
#SwellTheCell

- GET A FULL, DRY AND VASCULAR LOOK IN THE GYM
- POWER THE PUMP WITHOUT STIMS
- MUSCLE GROWTH FOCUS
- PROVEN TESTED UNIQUE INGREDIENTS

Stack with your
Pre-workout for
the ultimate pump
accelerator!



SCIENCE • INNOVATION • QUALITY • RESULTS

www.ALLMAXNUTRITION.COM



SUPPLEMENTGIANT

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

EDGE EXTREME FITNESS



Don't Get Bucked

How a top professional bull rider prepares to rule the barn. **BY MARK BARROSO**

EVERY DAY THAT Matt Triplett shows up for work, he's risking his life. He's not a cop, a Marine, or a firefighter, but a member of the Professional Bull Riders, or simply, PBR. Rid the honky-tonk stereotype from your thoughts, because being in PBR—a thriving international sport broadcast on CBS—requires serious athleticism. And guts.

"These bulls are nothing to mess around with," says Triplett. "They could cripple you any day of the week."

For a ride to qualify for judging, the rider has to stay atop the bull for at

least eight seconds, a Herculean feat requiring total-body strength, flexibility, and an iron-bending grip.

To prepare, Triplett rides a live bull at least once a week and practices on a mechanical bucking machine daily. Yoga has also been an unlikely ally.

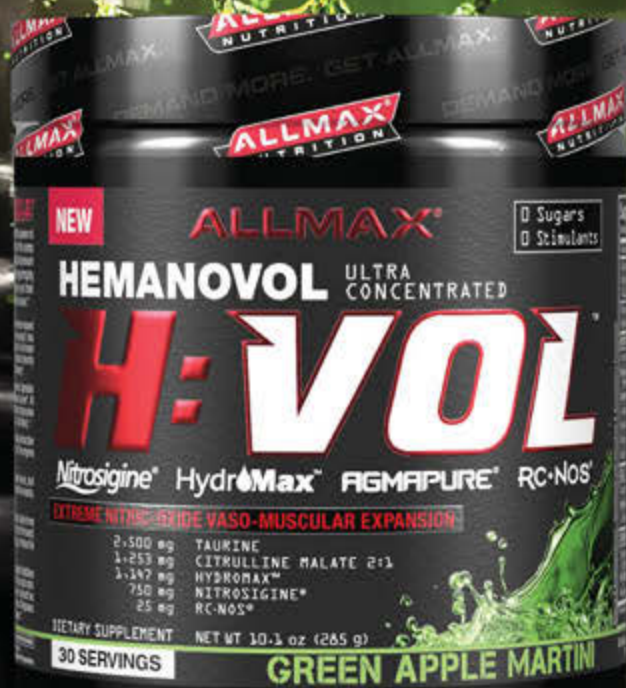
"To ride bulls you have to be flexible, and hot yoga stretches me out," Triplett says.

His advice for aspiring cowboys: "Climb on some animals and see if you like it," Triplett says. "You have to be serious about it and give 110%." Or else, it's adios, partner.

TO THE EXTREME

Train insane?
Tweet us
[@muscle_fitness](https://twitter.com/muscle_fitness)
using #extreme
fitness.

IT'S LIKE
FEEDING YOUR
MUSCLES
WITH A
FIREHOSE!



TEAM ALLMAX
TREVOR RYAN
IFBB PHYSIQUE PRO

SWELL THE CELL. GROW THE MUSCLE!

WORLD-RENOWNED MUSCLE PHYSIOLOGISTS ARE RIGHT! The effect of increased pressure within the muscle during intense resistance training creates signals that tell the muscle to **GROW!** The forces of biomechanical pressure and metabolic stress brought about by intense resistance training helps to increase cell volume triggering hypertrophy.

These very processes within the body have been targeted directly in the revolutionary formula H:VOL. Never-before seen, patented ingredients headline this massive leap forward in supplementation technology.

Supplement with H:VOL, Train for the pump, Reap the rewards!

HEMANOVOL is Fortified with:

Nitrosigine®	The absolute latest in the realm of truly novel science-based ingredients. 4x increase in blood-Arginine levels and a massive 5x increase in blood flow.
HydroMax™	Designed for extreme performance, HydroMax™ features glycerol-induced hyperhydration. This state has been shown to dramatically enhance blood volume, resulting in massive pumps and greater muscle fullness.
AGMAPURE®	Agmatine Sulfate is the purest, fermentation-derived Agmatine on the planet. Agmatine has quickly become THE "go to" ingredient for achieving what many call, "The Perpetual Pump".
RC-NOS®	A patented extract that has been shown to not only increase Nitric Oxide levels, but also increases muscular contractile strength.

NO PROPRIETARY BLENDS!
EACH SERVING IS CONCENTRATED WITH EXTREME, HIGH DOSAGES

Join the Conversation

#SwellTheCell



US PRODUCT ONLY

www.ALLMAXNUTRITION.COM



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

WorldMags.net



BEST PRICE



Supplement Superstores

SUPPLEMENT GIANT

Spring Training

Get stronger, recover smarter, and look better with these performance-enhancing gear picks. **BY MARK BARROSO**



1



2



3



4

SMARTER RUNNING

Jordan added more padding to strike zones on the outsole, making it more durable than a typical running shoe.



5

1

HYPERICE VYPER

Charge up the lithium-ion battery and this ludicrously powerful vibrating foam roller will rattle your bones as it massages muscle tightness away.

\$200, hyperice.com

2

LEATHER LIFTING STRAPS

At 21 inches long and 1½ inches wide, Harbinger's slip-resistant straps are the ultimate version of one of the oldest lifting gear mainstays.

\$20, harbingerfitness.com

3

HUMANX 40-POUND VEST

Twenty-pound weight vests are common; this 40-pounder is a veritable beast. Adjustable in two-pound increments, it can turn any cardio workout into a war.

\$150, humanxgear.com

4

DOVE MEN+CARE FACE SCRUB

The pumice-formulated face scrub exfoliates dead cells, removes dirt and oil, and moisturizes skin for a deep and complete cleanse.

\$6, dovemencare.com

5

FLIGHT RUNNER 2

Attack distance runs and cardio training in style with this lightweight and comfortable cross-training shoe from Jordan. Available in four colorways.

\$120, nike.com

FUEL MORE MUSCLE GAINS



**GNC
BEYOND
RAW®**

IMPROVED FORMULA FOR MASSIVE GAINS*

*Better-tasting, more concentrated,
maltodextrin-free formula with clinically studied,
high-quality ingredients, cleaner carb sources
and more anabolic power in every scoop*

**60g
PROTEIN**

**710
CALORIES**

**83g
CARBS**

**10g
CREATINE
BLEND**



Get the truth
about protein at
GNC.com/RealProtein

*When used in conjunction with resistance training. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Call 1.800.477.4462 or visit GNC.com for the store nearest you. ©2015 General Nutrition Corporation. May not be available outside the U.S.

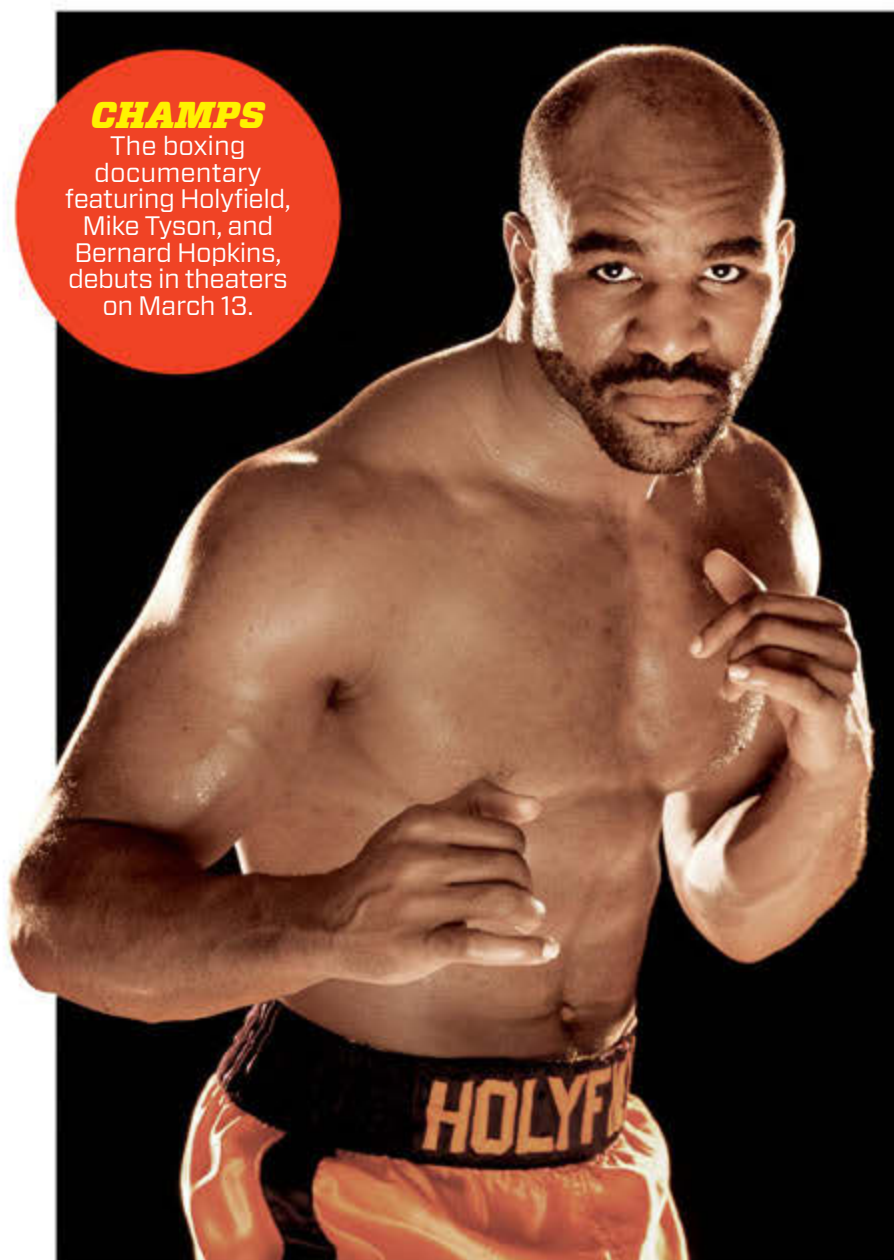
GNC
LIVE WELL

Real Deal

Five-time heavyweight champion **EVANDER HOLYFIELD** is an immortal boxing legend, and at age 52 he's still up for any challenge. We caught up with Holyfield to talk about training with Lee Haney and his involvement with the new boxing documentary, *Champs*. **BY ZACK ZEIGLER**

CHAMPS

The boxing documentary featuring Holyfield, Mike Tyson, and Bernard Hopkins, debuts in theaters on March 13.



What did you learn while training with Mr. Olympia Lee Haney in the 1990s?

EH: Before I trained with Lee I would do things in the gym without understanding the operations behind them. By talking about different muscles and what they did, he showed me a whole other side of training. It became an art.

If a newbie asks you for training advice, what do you say?

Don't be lazy, because if you put things off they aren't going to get done. Also, it's not how much you know, it's what you decide to apply. With boxing, I'd say get started while you're young. Adults get embarrassed and quit; that's less likely to happen with kids.

What was your greatest skill as a fighter?

You don't know a person until they're tired. And I realized that if both of us were tired during a fight, the person with the strongest will was going to win. Now, technically, I had an average build. And most of the guys I faced had longer arms, and they may have been stronger than me. But when it came down to will, I felt that if I were able to do a little bit more than my opponent and have the stronger will, I'd win.

How do you train now?

I get up every morning at 6 o'clock. I'll warm up my body, do a few miles on the elliptical, and then do the basic things that I did with boxing. I don't want to be fat. I want to live a long time, and I don't want to depend on somebody else to pick things up for me.

Champs is a raw look at the sport of boxing. What do you want people to take away from it?

That everybody wants to be better, but it's up to him or her to do it. If you are willing to pay the price it takes to be the person you really want to be and you don't allow yourself to quit, it can happen.

LOUIE PSHOYOS/CORBIS



TM



BEST IN CLASS INNOVATIONS



MuscleTech® researchers have been raising the standard in sports nutrition for nearly 20 years – and they've done it again. Introducing 5 all-new Essential Series innovations that deliver the most cutting-edge formulas on the market today. Engineered with full doses of the highest quality key ingredients, Essential Series supplements really are best in class, so you get real results for your money.

   MUSCLETECH.COM

PLATINUM FISH OIL 4x

Platinum Fish Oil 4x has 4 times the omega-3 acids in each soft gel compared to our premium fish oil soft gel. It delivers 1,200mg of omega-3 fatty acids in a single enteric-coated soft gel, without the fishy aftertaste.

PLATINUM PHOSPHATIDYL-SERINE

Platinum Phosphatidylserine packs a clinically studied 600mg daily dose of phosphatidylserine to help suppress cortisol levels and improve the testosterone-to-cortisol ratio for enhanced post-workout recovery.

PLATINUM 100% BETAINE

Platinum 100% Betaine contains a scientifically studied dose of betaine that helped test subjects gain an amazing 3.75 lbs. of lean muscle in just 6 weeks.

PLATINUM PURE CLA 95

Platinum Pure CLA 95 is formulated with the world's purest and most concentrated form of conjugated linoleic acid to help jack up muscle and strength gains.

PLATINUM PURE CLA POWDER

Platinum Pure CLA Powder uses the highest quality, filtered conjugated linoleic acid, delivered in a tasteless powder that mixes instantly. CLA has been clinically studied and shown to support muscle growth.



Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2015



"I'M TOTALLY LISTENING"



Our Policy:
**DON'T SAY IT
UNLESS YOU
MEAN IT**



When we say gluten-free, allergen-free, non-GMO, vegan, vegetarian, or made with extra virgin olive oil, we truly mean it. So you know you're getting the cleanest, highest quality vitamins and supplements on the market.

25% OFF
YOUR TOTAL ORDER

Shop Online
Use Code: **M&F225OL** at Checkout

Offer Valid Until 04/01/2015

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. © 2015 Olympian Labs

OLYMPIANLABS.COM

EDGE COLLEGE LIFE

SEE YOUR COLLEGE HERE

Think your school is fit enough for M&F? Tweet us @muscle_fitness using the hashtag #collegelife.



CREAM OF THE CROP: Director of football strength and conditioning Paul Longo, pictured above right, saw five Notre Dame alumni go on to make the 2015 NFL Pro Bowl.

Built to Fight

Notre Dame's gridiron success mirrors the health of its campus. **BY MARK BARROSO**

SCAN THE FOOD OPTIONS

at Notre Dame and you'll see labels everywhere: "H" for healthy, "V" for vegetarian, and "L" for lower fat or sodium. Turns out they are signs of quality: According to a survey of 1,175 colleges, Notre Dame has the ninth best campus food in the country, with more than 38% of the supply sourced within 250 miles.

Athletics are ahead of the curve, too. The Notre Dame football program is back in the national discussion as eight players were selected in the 2014 NFL draft, the second most to

LSU's nine selections.

That success starts with Paul Longo, director of football strength and conditioning, who pushes athletes to live by the motto: "Start fast. Finish strong." And the strongest finisher he's ever seen? Longo rattled off several options, but conceded that Prince Shembo ('14) was the pound-for-pound best.

"He could squat, butt to the floor, with 600 pounds for at least five reps. He was 255, with 8% body fat."

We mere mortals will just sit and think about that for a minute.



75 YEARS OF M&F

Quite a Stretch

Despite what our March 1995 cover might imply, band pull-aparts never really got anyone yoked.

NO ONE WOULD EVER dispute that Shawn Ray is a badass. The bodybuilding legend hit a sweet spot between the golden age and the mass era. He was huge, yes, but also possessed an enviable aesthetic.

Maybe it was that universal appeal that made Joe Weider choose this cover, which featured the questionable juxtaposition of Ray with a female model, both stretching a pair of flimsy elastic bands. Band training has its place, but it's not on the cover—never mind the fact that this issue contained no actual story on band training.

And just in case you thought it would be emasculating to have a female as a personal trainer, M&F was there to show you there's nothing to be ashamed of! Why, just look at this guy with the slicked-back ponytail and cami, er, tank top straining against 20-pound dumbbells with the help of his lady trainer...Oy.

Somehow, this issue still kicked ass. A feature on then-reigning Mr. O, Dorian Yates, detailed how he came back from a devastating shoulder injury, Lee Haney penned his own retrospective, and the Olympic lifts are explored in detail.

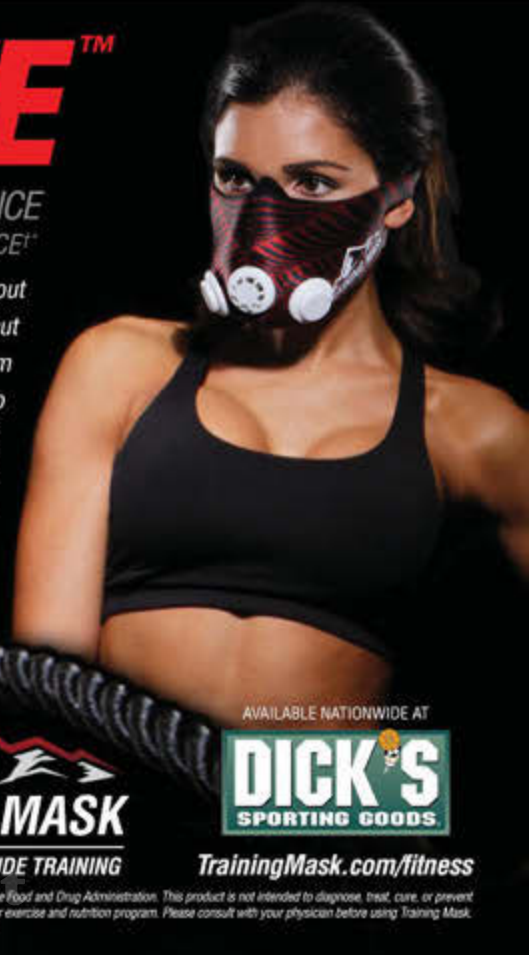


HERE'S LOOKING AT YOU: Top left, Shawn Ray stretches it out; top right, a girly-man gets a spot; bottom, Yates wearing then-ubiquitous overalls.

JUST BREATHE™

INCREASE TRAINING PERFORMANCE
STRENGTH* | SPEED* | ENDURANCE*

Training Mask 2.0 makes your workout more efficient allowing you to cut your workout time in half. From the average gym member to elite athlete, Training Mask appeals to anyone who wants to improve their overall health and performance.*



TRAINING MASK
SIMULATES HIGH ALTITUDE TRAINING

AVAILABLE NATIONWIDE AT



TrainingMask.com/fitness

Worldwide

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. †When combined with a proper exercise and nutrition program. Please consult with your physician before using Training Mask.

JACK'D UP™

JACK'D UP™ - COMPARE TO JACK3D™ *
NOT ALL PRE-WORKOUTS ARE CREATED EQUAL.
NOT ALL PRE-WORKOUTS WILL GET YOU
JACK'D UP EITHER!

JACK'D UP™ BY HI-TECH PHARMACEUTICALS
IS THE ULTIMATE PRE-WORKOUT THAT
CONTAINS HARD TO FIND DMAA!



JACK'D UP™
FOUR DELICIOUS FLAVORS:
POUNDING PUNCH, GRAPE, PINEAPPLE
AND WATERMELON.

YOU WILL IMMEDIATELY FEEL AN INTENSE SENSATION OF ENERGY TO HELP YOU BEAST THROUGH YOUR WORKOUTS. THIS PRODUCT IS KNOWN TO BOOST NITRIC OXIDE LEVELS WHICH PROMOTE MUSCLE PUMPS AND VASCULARITY. THIS ADVANCED PRE-WORKOUT BLEND CONTAINS 4 DIFFERENT FORMS OF CREATINE TO AID IN MUSCLE GROWTH AND MUSCLE FULLNESS.... CREATINE NITRATE, CREATINE HCL, DISODIUM CREATINE PHOSPHATE, AND CREATINE MONOHYDRATE ARE THE MOST POTENT COMBINATION OF CREATINE SERIES COMPOUNDS YOU WILL HAVE EVER TAKEN! TAKE YOUR GAINS AND LIFTS TO ANOTHER PLANET AND GET JACK'D WITH JACK'D UP™ BY HI-TECH PHARMACEUTICALS.

JACK'D UP™
THE ULTIMATE PRE-WORKOUT FORMULA†

Available at:

netrition.com
The Internet's Premier Nutrition Superstore!



www.hitechpharma.com • For more information, please call 1.888.855.7919.

HYDROXYELITE™

COMPARE TO OXYELITE PRO™*

ANOTHER BLOCKBUSTER WEIGHT LOSS AID FROM THE DIET & ENERGY SPECIALISTS - HI-TECH PHARMACEUTICALS!

SINCE THE DISCONTINUATION OF DMAA BY OTHER COMPANIES HAS LED TO THEM SPENDING MILLIONS AND MILLIONS OF DOLLARS ADVERTISING THE NEXT BEST THING..... BUT WHY WOULD YOU WANT THAT IF YOU COULD HAVE A NEW & IMPROVED VERSION OF WHAT YOU KNOW WORKS? YOU WOULDN'T.....ENTER HYDROXYELITE™ BY HI-TECH TO GIVE RETAILERS AND CONSUMERS EXACTLY WHAT THEY WANT.



**HI-TECH'S
FITNESS MODEL
JULIANA DANIELL**

**THE HYDROXYELITE™ LINEUP...1,3 DIMETHYLAMYLAMINE (DMAA),
CAFFEINE, RAUWOLFIA CANESCENS (A.K.A. RAUWOLSCINE), BAUHINIA PURPUREA
EXTRACT, BACOPA MONNIERI EXTRACT, CIRSIUM OLIGOPHYLLUM EXTRACT,
AND GARCINIA CAMBOGIA EXTRACT.**

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to treat, cure, diagnose, or prevent any disease. This product should not be used in place of or as a substitute for recommendations by your healthcare professional. No clinical study has been performed on HydroxyElite™. These statements are based upon the active ingredients: (Bauhinia Purpurea L. (Leaf And Pod) Extract, Bacopa (Leaf) (Bacopa Monnieri) Extract, 1,3 Dimethylamylamine HCl, Cirsium Oligophyllum (Whole Plant) Extract, Rauwolfia Extract (Leaf And Root), Garcinia Cambogia Extract, Hydroxy Citric Acid.

WARNING: this product can raise your blood pressure and interfere with other drugs you may be taking. Talk to your doctor about this product.

*This product is not manufactured or distributed by U.S.P. Labs.

WorldMags.net



ARNOLD



MARCH 5-8, 2015
COLUMBUS, OHIO

**Columbus Convention Center
and the Ohio Expo Center**

arnoldsportsfestival.com



50 Sports • 18,000 Athletes • Fitness EXPO
Nation's Largest Multi-Sport Festival

NEW in 2015 Arnold Kids Fitness EXPO at Ohio Expo Center



INSTANT MUSCLE

Fight shoulder pain and build your back with band pull-aparts, p72.

HARDCORE

Rob Orlando introduces you to the Zercher deadlift, p66.

BODY WEIGHT

If you have a TRX and 10 minutes, we have your workout, p60.

ABS AND CORE

Test core stability with the off-set loaded lunge, p70.

TRAIN

BUILD MUSCLE, BURN FAT, PERFORM BETTER

On His Own

Optimum Nutrition athlete **JASON POWELL, Ph.D.**, created a unique, pain-free training program that really works.

BY MARK BARROSO



GABRIEL GUZMAN

TURN HERE FOR HIS ARM WORKOUT

SHOWTIME

Jason Powell plans to compete in his first NPC Men's Physique competition in 2015.



JASON POWELL, 41, has many titles: model, genetics lab operator, and scholar, to name a few. But none are more important to him than gym rat. The Air Force veteran started bodybuilding in his 20s and now follows an eclectic training program that keeps him lean year-round.

"Instead of four to six weeks of the same style, each session is either heavy, high volume, moderate, or dropsets," Powell says. "I recover faster and train injury-free compared with a linear periodization routine."

Powell lifts weights five times a week and practices martial arts four times a week. Nutrition-wise, he's designed a custom diet plan, too.

"My diet has not changed in 12 to 15 years," he says. "I eat 48 grams of protein, 60 grams carbs, and 15 grams fat per meal."

Ever analytical, Powell urges younger guys to question convention. "There isn't a single way to perform a lift, because range of motion is unique for everybody. Find the moves and positions that are best for your body."

THE WORKOUT ARMS

Powell does four sets of 12-15 reps per exercise, increasing the weight each set. This is his "moderate" day.

EXERCISE	SETS	REPS
Close Reverse-grip Bench Press	4	12-15
SUPERSET		
Alternating Dumbbell Hammer Curl	4	12-15
Lying Dumbbell Triceps Extension	4	12-15
SUPERSET		
Hammer Strength Preacher Curl	4	12-15
Weighted Triceps Dip	4	12-15
SUPERSET		
Incline Dumbbell Supinating Curl	4	12-15

JASON'S TOP 3 TIPS FOR GUYS OVER 40

1 PRIME THE PUMP

Do one to two extra warmup sets to help loosen tissue that stiffens with age. You'll pump more blood into the muscles you're training.

2 KEEP YOUR EGO IN CHECK

Don't be unrealistic about your capabilities. If you've never squatted 400 pounds and have back or knee pain, don't set a 400-pound squat as a goal.

3 CHOOSE THE RIGHT EXERCISES

Do 20-25 reps on a lift. If you don't feel it in the muscles you want, change the move until you do.

DELIVERS 189% BETTER CREATINE ABSORPTION*



GNC
PRO PERFORMANCE®
AMP

**OUR MOST EFFECTIVE,
BEST-SELLING CREATINE
FORMULA EVER**

*Clinically proven to deliver improved
creatine absorption and increase leg
press performance by 54 lbs[^] with the
power of 5g high-quality creatine in just
2 potent tablets[^]*

*In a clinical study of 17 healthy young adults, muscle biopsy results revealed that Amplified Creatine 189™ resulted in 189% greater muscle creatine uptake relative to benchmark amounts of ordinary creatine. ^In a randomized, double-blind clinical study of 57 healthy young adult males, subjects who took Amplified Creatine 189™, containing only 1.25 grams of creatine, significantly improved leg press 1-RM performance by 54 lbs, while subjects on 5 grams of creatine monohydrate improved by 52 lbs, and the placebo group demonstrated no significant improvement. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Call 1.800.477.4462 or visit GNC.com for the store nearest you. ©2015 General Nutrition Corporation. May not be available outside the U.S.

WorldMags.net

GNC
LIVE WELL

10-Minute Torcher

Train your chest, back, abs—and get some cardio in—with this quick-hit TRX routine.



QUICK TIP

Keep your back flat as you pull your knees into your chest. For an advanced version, do one leg at a time.

WHAT IT IS

A TRX push-pull-core circuit designed by L.A.-based trainer Andy McDermott. Hang a TRX or other suspension trainer from a secure point overhead, then set a timer for 10 minutes. Start the time and complete the following four exercises as a circuit: TRX rows, TRX chest press, TRX knee-ins, and a stair or treadmill run. (See the “How to Do It” box below for rep ranges.)

WHY IT WORKS

The circuit begins with a classic push-pull superset that will work chest, back, biceps, and triceps. Core strength and stabilization are trained with the knee-ins, and an old-fashioned stair or treadmill run ensures your heart rate will stay elevated. “I love this workout because it’s simple but gets all your muscles activated quickly,” McDermott says. “The burn kind of sneaks up on you.”

HOW TO DO IT TRX PUSH-PULL-CORE CIRCUIT

Perform the circuit for 10 minutes. Don’t rest between exercises.

EXERCISE	REPS
TRX Row	10-20
TRX Chest Press	10-20
TRX Knee-ins	10
Stair Run*	30 sec.

*Can be replaced with a regular run.

THE ONE THAT STARTED IT ALL

AND STILL THE MOST WIDELY-USED
BCAA DRINK MIX ON THE PLANET

7G
BCAAs

0 CALORIES
0 CARBS
0 SUGAR

Enhances Muscle Building[†]
Increases Fat Burning[†]
Helps Speed Recovery[†]

2.5g of L-Glutamine
1g of Citrulline Malate
Electrolytes for Hydration



At the heart of XTEND is the nature-designed and research-proven, 2:1:1 ratio of branched-chain amino acids (BCAAs) plus citrulline malate, glutamine, and a proprietary blend of hydration-inducing electrolytes. Originally designed for intra-workout, but highly functional both before and after training, XTEND helps facilitate new muscle construction and helps increase workout volume and intensity.

Shown effective in two university studies,* XTEND is still the most advanced product of its kind and is still the category leader. With show-stopping mixability and 10 refreshing flavors, XTEND continues to outpace comparison... while helping you outpace your competition.



STRAWBERRY
KIWI



GRAPE



PINK LEMONADE



LEMON LIME
SOUR



ORANGE



FRUIT PUNCH



MANGO NECTAR



RASPBERRY



GREEN APPLE



WATERMELON

SCIVATION
SCIVATION.COM



[†] These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

*Schwett, et al. Consuming branched-chain amino acid supplement during a resistance training program increases lean mass, muscle strength and fat loss. Journal of the International Society of Sports Nutrition 2009, 6(Suppl 1):P1

*Schwett et al. Consuming branched-chain amino acid or whey protein in combination with hypocaloric diet differentially affects muscle mass, body fat and strength in trained subjects. Manuscript in Process.

The Champ Is Here

IFBB Olympia champion **JEREMY BUENDIA** shares how he prepared for his big win and reveals his plans for a repeat in 2015.

BY MARK BARROSO

JEREMY BUENDIA grew up in the gym, learning basic lifts with his bodybuilder dad at age 12. Today, Buendia's methods are more advanced; he uses FST-7 ("fascia stretch training," which emphasizes stretching between sets), designed by trainer Hany Rambod.

"FST-7 is seven sets of 8-12 reps with minimal rest," says Buendia. "It optimizes blood flow for growth."

Buendia lifts almost daily, taking off only one or two days a month. He does cardio five to six times a week—30 minutes in the morning, then 30 after workouts, which he bumped to 45 minutes before the Olympia. It was tough, but the pressure to repeat, he says, is even tougher. "Knowing everyone is hunting down my title motivates me to work harder this year."

THE WORKOUT ABS

Buendia does this workout twice a week. Rest 2 min. between rounds. Do 5 rounds.

EXERCISE	REPS
Floor Crunch	25
Lying Leg Lift	25
Toe Touch	25
Side Oblique Crunch	25
Bicycle Crunch	40

JEREMY'S STATS

AGE 24

HEIGHT 5'8"

WEIGHT 172 lbs

RESIDENCE:

Sacramento, CA

TWITTER

@MrJeremyBuendia

SPONSORS

Evogen Nutrition,
Live Fit Apparel



THE DIET

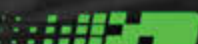
To prep for last year's Olympia, Buendia ate 250 grams of protein, 120 grams of carbs, and 40 grams of fat daily.

RON MATHEWS
NutriForce Sports Athlete

NO ARTIFICIAL SWEETENERS, COLORS OR FLAVORS

Ron Mathews, age: 45

Actor, Cover Model, Network TV Elite Fitness Instructor,
Celebrity Trainer, Masters CrossFit Games athlete
Co-author of the book 'Evolution' with Joe Manganiello



Ron's Stack

Chocolate NutriWHEY

Whey protein with real Belgian Chocolate curls

WODPak Multi

Vitamin pack with Omega 3's

Balanced Hydration

Daily hydration & water absorption
drink mix

PreWOD

Pre-workout for boosting muscular endurance

Natural Amino

BCAA's featuring CherryPure™ for supporting
recovery from muscle soreness



@NFSports



@nfsports



Forearms, Fixed

Dave P. from Denver, CO, sent us his forearm routine to review. Here's how we fixed it.

BY ERIC VELASQUEZ

DAVE'S OLD WORKOUT

EXERCISE	SETS	REPS
Reverse Curl	4	10
Wrist Curl	3	20
SUPERSET WITH		
Wrist Extension	3	20

M&F RATING: B-

OUR ADVICE

The reverse curl is a great exercise, but hammer curls, which allow you to handle heavier weight, will engage more of the forearm musculature. Wrist curls are great for padding the meaty part of your forearm, but the rep ranges were too high to offer any serious benefits. By doing a few heavier sets and then higher-rep sets to finish, you'll get the muscle-building stimulus you need and the forearm-swelling pump you want. Finally, **THE PLATE PINCH IS AN UNDERUSED MOVE FOR BUILDING A CAN-CRUSHING GRIP AND FOREARM STRENGTH.**

DAVE'S NEW WORKOUT

EXERCISE	SETS	REPS
Hammer Curl	4	8-10
Wrist Curl	4	8, 8, 10, 10*
▶ Plate Pinch	4	Failure

*Perform one dropset to failure on final set.

PLATE PINCH

This forearm-torching move will add size and help you lift more weight on other exercises.



UNLEASH YOUR POWER

MET-Rx®

NUCLEAR PRE-WORKOUT

- No Proprietary Blends
 - 400 mg Caffeine
 - 4800 mg Beta-Alanine
 - 3000 mg Arginine
 - 2000 mg Citrulline Malate
 - 2000 mg Creatine HCl
 - 1000 mg Agmatine Sulfate
- Per Two Scoops



IN FLAVORS:

- Radioactive Punch
- Citrus Surge

COMING SOON!

- Sour Apple
- Strawberry Lemonade

For more information call 1-800-818-7672 or visit www.metrx.com

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.

©2015 MET-Rx® USA, Inc.

14-M7-1231-mva

GNC
LIVE WELL.

theVitamin
Shoppe.

B

Vitacost

Unity Vitamin

DPS

netrition.com

100%

LONG STAR

WorldMags.net

MET-Rx
YOU CAN'T FAKE STRONG™

THE WORKOUT Work up to your own body weight and do one unbroken set at that weight until you reach technical failure.

QUICK TIP

Using a fat bar (shown) is easier on the elbows than a standard bar. If you don't have a fat bar, wrap a standard bar in a towel.



Zercher Deadlift

Put your deadlifting prowess to the test with this old-time strongman variation. **BY ROB ORLANDO**

YOU ARE LIKELY familiar with the Zercher squat—the man-making, crook-of-your-elbow front squat named after 1930s strongman Ed Zercher. But Zercher's legacy also touched another staple move: the deadlift. His variation of this total-body tussle with gravity evolved from his experience with the squat. Rather than performing a standard deadlift and transitioning the weight to the hands and elbows, he started with the bar on the floor, hunched down as low as possible, arms wrapped around the barbell. An impossible starting

position to stand up with the weight? Not if you buckle down your technique.

This is an exercise for only the most serious of strength athletes. It requires incredible hip, ankle, and lumbar flexibility and a penchant for the primal. Be honest with yourself: If you don't have the mobility to get into the starting position, then this lift is not for you. It's also a surefire sign that you need to add a ton of mobility work to your routine. Exercise extreme caution when loading the weight. Start light, see how your body responds, and take it from there.

HOW TO DO IT THE MOVE

- 1 APPROACH THE BAR** with your feet slightly wider than your hips. Squat down as low as possible, allowing your upper back to relax and round.
- 2 SLIP YOUR ELBOWS** under the center of the barbell between your legs and squeeze the barbell in the crooks of your elbows.
- 3 TAKE A DEEP BREATH** before you begin the lift. Track the knees out over your toes and try to keep your back from shifting while under tension.
- 4 DEADLIFT THE BAR** to the fully upright position, keeping your core braced throughout the lift. Return it back to the floor in the exact reverse order.

GET RESULTS!

Clinically Dosed Pre-Workout

Whether you are smashing a tire, maxing out in the gym, biking through the trails or slugging it out on the body bag OUTLIFT is CLINICALLY DOSED to elevate your training and give you results. Each scoop provides an increase in athletic performance, energy and muscle pump all while preventing muscle fatigue. Finish your workout with the same intensity you started with. Outperform your limits, out lift your expectations.



Nutrex
RESEARCH
YOUR DRIVE. OUR FUEL.



BODYBUILDING.COM



Nutrex.com 1-888-3NUTREX



theVitamin
Shopper
every body matters

WorldMags.net



GNC **V** the Vitamin Shoppe

BODY BUILDING your

TRUE STRENGTH
WWW.OPTIMUMNUTRITION.COM

ON

USA (800) 705-5226 INTL (630) 236-0097

WorldMags.net



GOLD STANDARD HAS GONE PRE-WORKOUT

You train with determination. You're driven to perform better. Trust ON to energize your efforts with a pre-workout formula that represents the new Gold Standard. Each serving delivers 175 mg of caffeine from natural sources along with a stack of proven ingredients to support energy, focus and endurance*. The Gold Standard for post-workout recovery is now available in a pre-workout formulation.

NEW



WorldMags.net

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

*When taken at the maximum dosage over time.

Be Unbalanced

Losing your balance, or rather, fighting to keep it, forces your core to brace your spine. One simple way to train core stability is with weight in one hand while the other is free, as in the off-set loaded lunge. **BY SEAN HYSON, C.S.C.S.**

PROGRAM TIP

Use the off-set loaded lunge for 6-12 reps after a squat or deadlift variation.

HOW TO DO IT OFF-SET LOADED LUNGE

1 **HOLD A DUMBBELL** in your left hand at shoulder level and stand with feet hip-width apart.

2 **STEP FORWARD WITH YOUR RIGHT LEG** and bend both knees until the rear knee nearly touches the floor and the front thigh is parallel to the floor. Keep your torso upright. Perform all your reps and then switch arms and legs.

The side holding the weight will want to bend, but your core has to work to keep your torso straight—especially while it's moving during the lunge. Maintaining stability strengthens your abs, while the lunge trains your legs, making this move multifunctional.

GROOMING BY VALISSA YOE

UNRIVALED SENSORY OVERLOAD

UNLIKE ANYTHING YOU'VE EVER TRIED

**THE MOST HARDCORE WEIGHT LOSS
& ULTIMATE SENSORY EXPERIENCE**

New **Hydroxycut® SX-7™ Black Onyx™** is the most hardcore and cutting-edge formula on the market today. Super-charged with 7 premium ingredients in a never-before-seen combination, this formula is designed for extreme energy and mental focus. It also delivers hardcore weight loss with green coffee, shown to help study subjects lose 10.95 lbs. in 60 days with a low-calorie diet, and 3.7 lbs. in 8 weeks with a calorie-reduced diet and moderate exercise. With **Hydroxycut® SX-7™ Black Onyx™**, just one dose delivers an unrivaled sensory overload unlike anything you've ever tried!

- Features 7 super-extreme, cutting-edge ingredients
- Delivers hardcore weight loss
- Contains caffeine anhydrous for extreme energy
- With *Coleus*, *Salvia* & theanine for a powerful sensory experience!

NEW
MAXIMUM-STRENGTH
SENSORY FORMULA



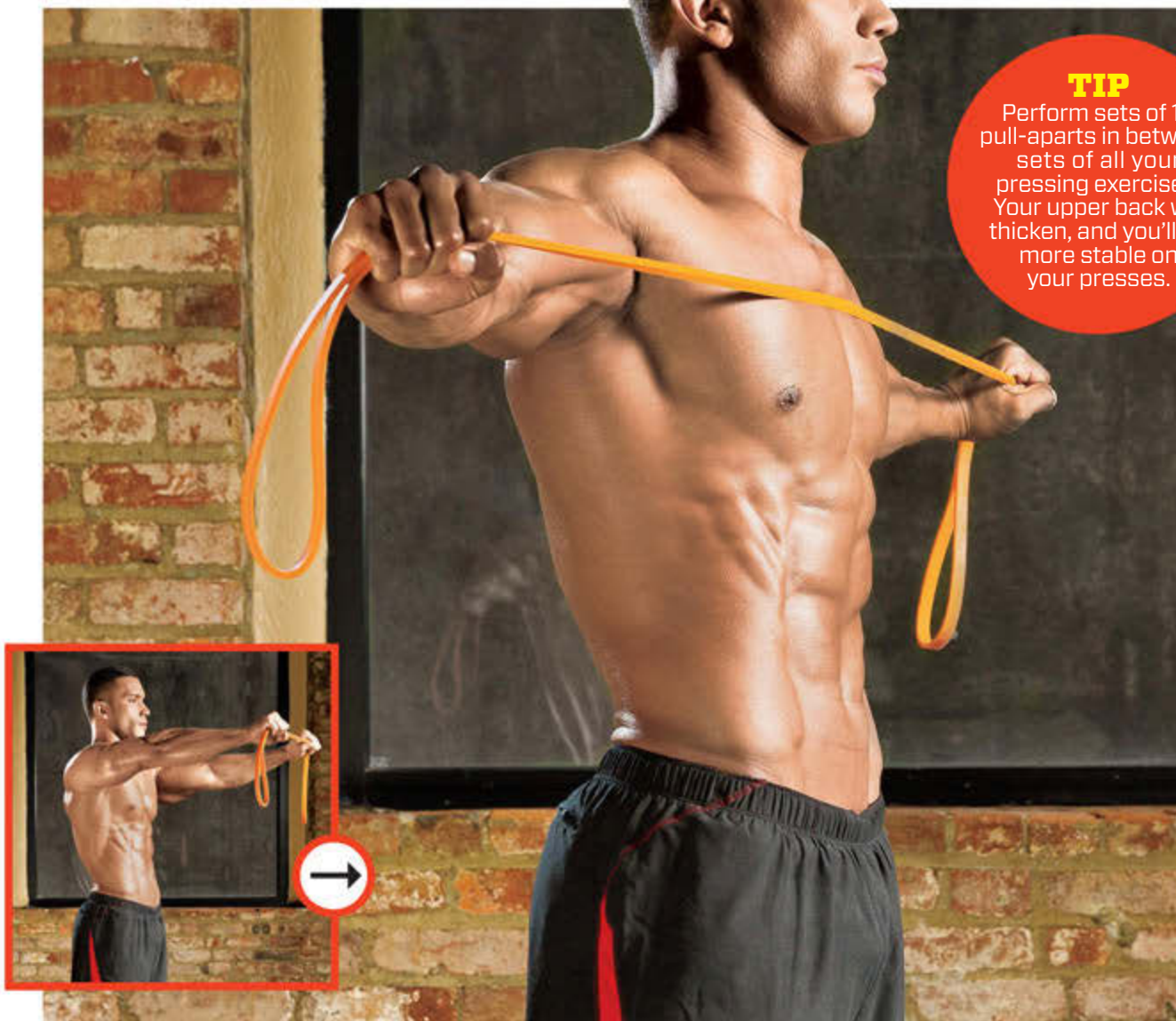
Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2015

GNCLIVELWELL.COM/HYDROXYCUTSX7



EXCLUSIVELY AT

GNC
LIVE WELL



TIP

Perform sets of 15 pull-aparts in between sets of all your pressing exercises. Your upper back will thicken, and you'll be more stable on your presses.

Rip It

The band pull-apart strengthens the upper back, which can alleviate shoulder pain and reduce the chance of injury. Make it a staple in your workouts and make pain-free gains forever.

BY SEAN HYSON, C.S.C.S.

HOW TO DO IT

THE BAND PULL-APART

1 GRASP AN ELASTIC EXERCISE BAND with a shoulder-width grip. Hold it out in front of you at arm's length.

[You can pull the band in multiple directions and at different angles for variety.]

2 SQUEEZE YOUR SHOULDER BLADES together and pull the band apart so it stretches and your arms are at 90 degrees to your sides. Return your arms in front of you and allow your shoulder blades to spread a bit. Don't lean back as you pull—stay upright with your core tight. Don't shrug your shoulders, and control the negative portion of each rep.

GROOMING BY VALISSA YOE

POWERFUL PRE-WORKOUT WITH CLINICALLY TESTED INGREDIENTS

NEW
SUPER-EXTREME
PRE-WORKOUT

**THE ONLY PRE-WORKOUT WITH PEAK ATP®
& MYRISTICA FOR AN UNPARALLELED
SENSORY EXPERIENCE**

Engineered with 7 cutting-edge premium ingredients, **#Shatter™ SX-7™** is unlike anything your customers have ever tried. It delivers patented Peak ATP® (adenosine 5'-triphosphate), which was shown in a 12-week clinical study from The University of Tampa to help hard-training athletes amp up strength by 147% more than subjects using a placebo. They even put on 8.8 lbs. of lean muscle, while the placebo group only gained 4.6 lbs. – that's 90% more lean muscle! The formula also packs:

- 2,400mg of beta-alanine per 2 scoops to help spike muscle carnosine levels
- A potent dose of caffeine for better focus, endurance and energizing effects
- The premium ingredients *Myristica fragrans*, *Ecklonia cava*, holy basil and grains of paradise



Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2015

MUSCLETECH.COM/#SHATTERSX7



EXCLUSIVELY AT
GNC
LIVE WELL

ABOUT ZACH Zach Even-Esh is the owner of Underground Strength Gym in New Jersey and the author of *The Encyclopedia of Underground Strength and Conditioning*. undergroundstrength.tv

TOUGH MUSCLE

The founder of Underground Strength Gym, **ZACH EVEN-ESH**, will use any means necessary to make gains. **BY MARK BARROSO**

A DECADE AGO, Zach Even-Esh was asked to describe his training philosophy. A devotee of odd-implement training, including sand-bags and tractor tires, he said, "If it produces results, I use it." It wasn't a popular answer then, but he's now known as a man ahead of his time.

"Remember, in 2004, people would say, 'I'm only a kettlebell lifter,' or 'I'm only a strongman.' I said, 'I'm not going to discriminate if it works.'"

The Underground method (see an example at bottom right) involves constantly varied mini cycles with an emphasis on mentally grueling workouts.

"You want some perfect scientific program? Science happens in a perfect world, and there's nothing perfect about an athlete's life. Train the mind, not just the muscles."

TOP 3 TIPS

1 GO OUT: Don't do gym workouts exclusively. Train outdoors once a week, such as doing a park run with tree pullups and stone carries.

2 STICK WITH THE LIFT: If you plateau on a lift, do 2-3 heavy sets, decrease weight by 50%, and do 3 speed sets of 2 reps, then 3 sets of 10-15 reps.

3 GET FOCUSED: Get training partners. If you can't, find things, such as music, that motivate you to lift heavier and kick ass in the gym.

ZACH'S WORKOUT UNDERGROUND STRENGTH

Do 1A-1C as a circuit and 3A and 3B as a superset.

EXERCISE	SETS	REPS
1A) Trap-bar Deadlift	5	3-5
1B) Plyo Pushup	5	3-5
1C) One-arm Kettlebell Clean & Press	5	3 (EACH ARM)
2) Walking Kettlebell Lunge*	3	10 (EACH LEG)
3A) Dumbbell Row	3	10
3B) Band Pull-apart**3		30
4) Prowler Sprint	4	100 ft.

*Hold the kettlebells in the rack position (at the collarbones) and do walking lunges.

**Do 15 overhand and 15 underhand band pull-aparts.

NEW
SUPER-EXTREME
FORMULA

IMMEDIATE 22.5% INCREASE IN STRENGTH

**THE MOST ADVANCED NON-STIMULANT
PRE-WORKOUT STRENGTH ENHANCER!**

GAKIC® VO2 MAX SX-7™ helps you perform at your best during your toughest workouts without the need for creatine or stimulants. Test subjects using the same dose of *Terminalia arjuna* found in **GAKIC® VO2 MAX SX-7™** significantly increased VO2 max and absolute power in an 8-week study. This innovative formula also delivers immediate increases in strength and muscle endurance.

- An immediate 22.5% increase in strength¹
- First-dose strength gains
- A 21% increase in muscle endurance
- Added *Terminalia* for significant VO2 MAX increase



Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2015

GNCLIVELWELL.COM/HYDROXYCUTSX7



EXCLUSIVELY AT
GNC
LIVE WELL

TRAIN

Muscle & Fitness has the expert workouts, advice, and supplement science you want.

SHOP



GNC has the top products you need.

LOOK FOR THE



BUTTON ON MUSCLEANDFITNESS.COM

Your fitness essentials, all in one place.

**MUSCLE
& FITNESS**

GNC
LIVE WELL

CHEF IRVINE

Chicken ropa stew from the world's most jacked chef, p80.

DIET 911

How much alcohol will impede your gains? We've got the answer, p86.

EAT

WHAT'S IN THE FRIDGE THIS MONTH

Fungi Facts

Mushrooms are the very definition of power food: They'll prime your muscles for a workout, help lower cholesterol, and keep you full while you're cutting. Here's how to get the most out of them.

BY CHRIS GIBLIN

MUSHROOMS ARE enjoying somewhat of a renaissance at the moment. As some growers look to cultivate even healthier strains, others look to further explore the medicinal benefits, and diehard fans continue to believe in the spiritual value of hallucinogenic types (they're wrong, but at least they're having fun). Of course, you don't have to be on the hippie spectrum to get some on your plate.

You probably won't want mushrooms as the biggest part of your meal unless you go for a portobello burger, but even then, you're bound to take in far more calories eating the toppings, bun, and sides. On that note, a grilled portobello mushroom (about 42 calories) provides a solid source of vitamins and minerals like niacin (36% of Daily Value), which can boost good cholesterol and charges muscle growth; potassium (18%), which aids muscle contractions; and fiber (11%), which promotes healthy bacteria and eases digestion. With five grams of protein and several other nutrients to boot, it offers a pretty significant nutritional bang for your buck.

Raw mushrooms are a great option for salad fixings,

but guys who don't enjoy the relatively earthy, rubbery taste probably need it to be doctored up and served in some other way.

Ruth Frechman, R.D.N., a registered dietitian nutritionist and author of *The Food Is My Friend Diet*, suggests sautéing mushrooms with onions and adding them to sandwiches or pasta sauce, or adding them into the mix in stir-frys or omelets. With so many kinds to choose from (shiitake, enoki, oyster, etc.), there's bound to be one mushroom out there for you. Just rinse before prepping it.

QUICK TIP

Mushrooms can help keep you full: A cup of sliced white 'shrooms is only 15 calories.

THIS WAY FOR A DELICIOUS MUSHROOM RECIPE

WorldMags.net

BROWN RICE RISOTTO WITH MUSHROOMS, CABBAGE, AND THYME

*Recipe courtesy of Marco Canora, chef at NYC's
 Hearst and author of A Good Food Day*

MAKES 6 SERVINGS

- 4 tbsp extra-virgin olive oil, plus more for garnish
- 1 10-oz package cremini mushrooms, sliced (about 3 cups)
- Fine sea salt and freshly ground black pepper
- 1 head savoy cabbage, cut into ½-inch pieces (about 3 cups)
- 2½ cups mushroom broth
- 2½ cups vegetable broth
- 2 tbsp unsalted butter
- 1 yellow onion, diced
- 2 cups sweet brown rice
- 1 cup dry white wine
- ½ cup freshly grated Parmesan cheese, plus more for garnish
- 1 tbsp chopped fresh thyme

1. In a large, high-sided skillet, heat 1 tbsp of the olive oil over high heat. Add the mushrooms and season with salt and pepper. Cook until the liquid released from the mushrooms is gone, 5–7 minutes. Using a silicone spatula, transfer the mushrooms to a bowl and scrape the bottom of the pan to remove and save all the flavorful bits.

2. While the pan is still hot, return it to the burner and add 1 tbsp of the olive oil. Add the chopped cabbage and season with salt and pepper. Reduce the heat to medium-high and cook until the cabbage is wilted and slightly browned, about 10 minutes. Remove the pan from the heat.

3. Pour the mushroom and vegetable broths into a saucepan. Bring it to a boil over high heat, then reduce the heat to a simmer.

4. Place the skillet back on the burner and heat 1 tbsp of the butter and the remaining 2 tbsp olive oil over medium heat. Add the onion and season with salt and pepper. Cook, stirring occasionally, until the onions soften, about 5 minutes.

5. Turn the heat to high and add the rice. Stir, coating the rice thoroughly with the onion, butter, and oil until the rice is

crackling, 2–3 minutes. Add the wine. Let it bubble, stirring frequently, until the rice absorbs the wine, about 1 minute.

6. Add just enough of the warm broth to cover the rice, about 2 cups. Reduce the heat to medium-high and stir occasionally until the rice is almost dry, about 10 minutes. Add just enough broth to cover the rice and stir every couple of minutes, until the broth is incorporated and the rice is almost dry, about 10 minutes.

7. Stir more frequently, continue adding warm broth to cover the rice, about ½ cup at a time, until it's absorbed, every 4–5 minutes for 10 minutes.

8. Reduce the heat and add the cabbage, mushrooms, and about ¼-cup broth. Simmer, stirring constantly, adding ¼-cup

increments of broth as needed until the rice is just tender and the risotto is a little runny. Take the pan off the heat.

9. Add the Parmesan, the remaining 1 tbsp butter, thyme, and salt and pepper to taste, stirring to incorporate. Taste and adjust seasoning, if needed. To serve, ladle the risotto into bowls and top each serving with more freshly grated Parmesan and a drizzle of olive oil.

PER SERVING

411
CALORIES

12g
PROTEIN

51g
CARBS

17g
FAT



MAYA VISNYEI/STOCKFOOD

RIVALUS™

WE'RE PRO-ATHLETE

MULTI-STAGE PROTEIN FOR 8-HOUR POWER



TIMED-RELEASE
PROTEINS



WHEY ISOLATE
WHEY HYDROLYSATE
MILK ISOLATE
WHEY CONCENTRATE
GOAT'S MILK
EGG ALBUMEN
MICELLAR CASEIN

24^G
OF PROTEIN

28.9^G
SERVING SIZE

83%
PROTEIN

β
BETA-ALANINE
ENHANCED

#1 **INGREDIENT**
WHEY
PROTEIN
ISOLATE

PRO & OLYMPIC ATHLETE TRUSTED WORLDWIDE
100% WADA ioc COMPLIANT

7

multi-stage
released proteins

#1

primary protein
whey isolate

31

servings per
container

0

banned
substances

PROLONG

ELITE MULTI-SOURCE PROTEIN FOR ATHLETES

SOFT-SERVE VANILLA

NATURAL & ARTIFICIAL FLAVORS

800-620-4177 RIVALUS.NET @RIVALUS

WorldMags.net

Stew on This

Forget *Chicken Soup for the Soul*. This chicken stew will fill your belly, fuel a cold-weather workout, and help your muscles grow.

CHICKEN ROPA STEW

MAKES 6 SERVINGS

- 2 lbs boneless, skinless chicken thighs
- 1 oz grapeseed oil
- 1 red pepper, diced
- 1 yellow pepper, diced
- ½ white onion, diced
- ½ cup ketchup
- 1 tsp chicken base
- 2 tbsp chipotle peppers, canned
- 1 tbsp paprika
- 1 tbsp smoked paprika
- 1 pint chicken broth
- Salt and pepper

1. Cut the raw chicken into large pieces and set aside.
2. Heat the grapeseed oil in a large sauté pan over medium-high heat. Add the chicken. Sear for 2 minutes, then add the peppers and the onion. Turn down to low heat.
3. In a blender or food processor, combine the ketchup, chicken base, canned chipotle peppers, both paprikas, and the chicken broth. Puree. Pour the pureed mixture into the chicken pan, turn the heat up to medium-low, and stir.
4. Allow the chicken stew to slowly come to a slight simmer, then turn the heat down to low. Cover the stew and allow to cook for 20 minutes, checking every 5 minutes to prevent burning.
5. Check the chicken for tenderness. (It should pull apart.) Take all chicken pieces out, shred them, then return the pieces to the stew. Season with salt and pepper to taste.

PER SERVING

387 CALORIES	47g PROTEIN
11g CARBS	17g FAT

ON THE WEB Visit chefirvine.com for recipes, fitness tips, and more.

FOOD STYLING BY CARRIE PURCELL



It's not cheating...



*if you're having **funn**!*

It's finally possible to have your candy and eat it too - without the guilt! Funnbar™ is the first sugar-free and gluten-free protein candy chews that pack 15 grams of protein in every bar.



*Satisfy your sweet tooth
the **funn** way!*



Black Beans

Give your diet a healthy boost of protein and fiber with these five delicious eats. **BY GAVAN MURPHY**

1**COOK A SOUP**

In a pot drizzled with olive oil, cook 1 chopped onion over medium heat for 3 minutes. Add 2 garlic cloves and ½ chopped jalapeño. Cook 3 minutes. Transfer mixture to a blender and blend with 1 tsp cumin and 1 can black beans. Add to pot. Blend a second can of beans with 14½ oz chicken broth. Add to pot. Stir in third can of beans and 10-15 oz canned crushed tomatoes. Boil, then simmer 10-15 minutes.

2**MAKE A TACO**

In a saucepan, cook a diced onion in 1 tbsp of olive oil over medium heat until tender. Stir in 15 oz of canned black beans and ½ tsp each of chili powder and cumin. Reduce heat and simmer 5-10 minutes. Serve with lettuce, tomato, avocado, and salsa in a whole-wheat tortilla.

3**PUREE A HUMMUS**

Place 15 oz canned black beans, ½ cup chopped cilantro, 2 tsp lime juice, 1 tsp cumin, ½ jalapeño, and dashes of salt and pepper into a food processor. Puree, gradually adding 2 tbsp water and 2 tbsp olive oil until smooth.

4**GRILL A BURGER**

Mash 15 oz canned black beans in a bowl. Add 1 egg, 1 cup whole-wheat breadcrumbs, ½ cooked yellow onion (diced), 1 tsp each of chives and dried lemon pepper, and dashes of salt and garlic powder. Mix well and form patties. Sear each burger for 3-4 minutes per side.

5**BAKE A BROWNIE**

Blitz 8 oz black beans, ½ cup of cooked red beets, ½ cup cocoa powder, 4 eggs, and 3 tbsp wheat flour in a food processor until smooth. Add ¾ cup maple syrup or honey, 1 tbsp unsalted organic butter, and dashes of vanilla and almond extracts. Blitz again until smooth. Pour batter into a baking dish and bake 20 minutes at 350°F, turning it around after 10 minutes.

FOOD STYLING BY ROSCOE BETSILL

CARNIVOR. A NEW SPECIES OF PROTEIN

**350% more
concentrated
than STEAK**

0 FAT / 0 LACTOSE / 0 CHOLESTEROL / 0 SUGAR
**LOADED with
BCAAs & CREATINE** | **8 DELICIOUS
FLAVORS!**

What makes this new species of protein so special that it has become the world's most sought after protein? The answer is simple: CARNIVOR provides all the muscle building power of beef at the speed of whey without any fat, cholesterol, sugar, lactose or gluten – and it's available in 8 delicious flavors. CARNIVOR is a pure premium grade protein supplement made from 100% USDA inspected beef. Advanced hydrolysis and isolation technologies allow for super fast absorption, excellent digestibility and high concentrations of muscle building amino acids, making it the ideal muscle building protein. Plus, CARNIVOR contains creatine and branched chain keto acids for even greater anabolic action. CARNIVOR is a new species of protein for your muscles!



GNC **Vitamin Shoppe**
BODYBUILDING.COM

VITAMIN WORLD
BodyVitals

Join Team MuscleMeds!
facebook.com/TeamMuscleMeds
twitter: @MuscleMeds
instagram: MUSCLEMEDS

888.575.7067
MuscleMedsRx.com

MuscleMeds
PERFORMANCE TECHNOLOGIES

QUICK TIP

The recipe calls for one baked potato. Bake potatoes ahead of time in the oven at 400° for 30–40 minutes.



**SALMON DILL
POTATO
SCRAMBLE**

YIELDS 1 SERVING

- 3 oz salmon filet
- 6 tbsp liquid egg whites
- ¼ cup baked red potato, quartered
- 4 mini sweet peppers (yellow, red, orange), chopped
- ¼ cup raw onion, chopped
- 4 sprigs fresh dill weed, chopped
- 1 tbsp fresh cilantro, chopped

1. Place a small skillet over high heat and, when hot, add the salmon. Cook two minutes and flip over. Cook until salmon is pink all the way through.
2. Warm another small nonstick skillet over medium heat and add liquid egg whites.
3. Add the potato, vegetables, and salmon to the eggs. Stir, breaking up the salmon, until the eggs are cooked through.
4. Top with dill, cilantro, and, if desired, lemon juice.

NUTRITION PER SERVING

394 CALORIES	33g PROTEIN	29g CARBS	11g FAT
------------------------	-----------------------	---------------------	-------------------

Go Fish

Having fish for breakfast usually means eating lox on a bagel with cream cheese—tasty, but highly processed and not very gut friendly. Start your morning with this meal, which packs the protein and healthy fats of fresh salmon along with clean carbs and fiber. **BY JILLIAN PACHECO**



PUSH

your performance past previous barriers.



ULTRA-PREMIUM PROTEIN. ULTRA-PREMIUM TASTE.™

SYNTHA-6® is an ultra-premium blended protein powder that delivers best in class flavor and 10 grams of naturally occurring essential amino acids in every scoop. You will never again have to sacrifice taste for recovery as you prepare to conquer your next goal.



LEAN MUSCLE



RECOVERY



USE ANYTIME, DAY OR NIGHT

For more information and special offers, visit:

www.goBSN.com

TEAM BSN ATHLETE
Ryan Hughes
IFBB Men's Physique Competitor



SYN-RH1 ©2014 BSN®

Ease Up

In moderation, alcohol can be healthy. But step over the line and you'll wreck your metabolism and pack on the pounds. So how much is OK when you're training hard? **BY CHRIS GIBLIN**

IF YOU'VE BEEN to college, you probably already have a decent sense of how many drinks will knock you on your ass and how many you can bounce back from the next morning. But there's also plenty of science out there to measure the potential harm of partying a little too hard. Torey Jones Armul, R.D.N., C.S.S.D, a spokesperson for the Academy of Nutrition and Dietetics, specifically points to two studies (done successively in New Zealand in 2009 and 2010) of particular interest to the active man. Both had participants complete a grueling one-legged workout before throwing back some vodka, then had them repeat the training 36 and 60 hours later. (Results were compared with the same workout on their other legs, with no alcohol involved for the follow-up workouts.) In the boozier version (a rate of about 6.5 drinks for a 200-pound man), the guys performed notably worse in the follow-ups, while lighter drinking (about three drinks for a 200-pound man) yielded virtually no difference in levels of fatigue.

So heavy drinking—even if you're not quite running to vomit the next morning—can throw a wrench in your fitness goals, potentially affecting subsequent workouts negatively for up to three days after. That makes it exceedingly difficult to progress on your fitness goals. On the plus side, up to three drinks in a night shouldn't hurt.

Although alcoholic content is generally the main concern, caloric intake is also notable—realize that there can be a big difference (up to about 100 calories) between light

beers and more robust IPAs, and throwing mixers or soda in with liquor drives calories up while bringing the detrimental effects of sugar into the equation. Also, heavy drinking is often capped off with a junk food binge—no one leaves a long night at the bar craving quinoa and vegetables.

Of course, athletes are known for going hard on the drinks at parties, letting their competitive nature get the

best of them at their bodies' expense. If you're one, try to limit this as much as possible and spend time with people who will respect your fitness goals and support them.

"A serious athlete needs some sort of outlet, and it can be tempting to let go and even bond with teammates [by drinking]—that work hard, play hard sort of thing," Armul says. "But this is definitely ill-advised in the midst of a training period."



“

Heavy drinking can negatively affect workouts for up to three days later.

”

EVAN SKLAR/STOCKFODD

do not
disappoint
me!
yo

- ✗ Stimulate Natural Testosterone Production
- ✗ Enhance Libido
- ✗ Increase Stamina



JAIMIE BERNHARDT
PROSUPPS ATHLETE



BODY
BUILDING

MUSCLE &
STRENGTH

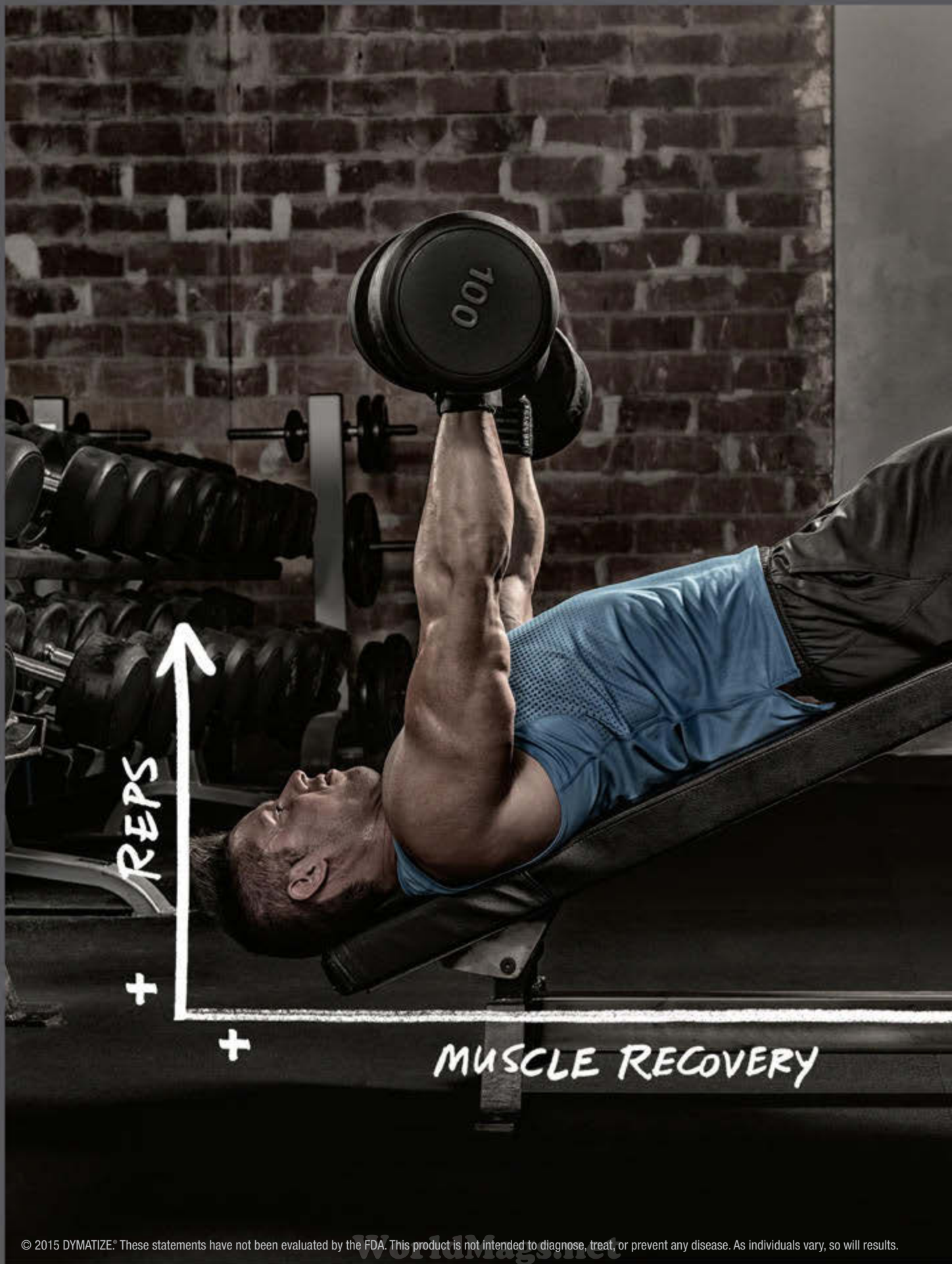
theVitamin
Shopper

GNC
LIVE WELL

theVitamin
Shopper

prosupps.com

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.





DYMATIZE[®]

NUTRITION

PRE

ANYTIME

POST



PerformanceDriven. Just like you.

M.P.A.C.T. – Pre

Dymatize's muscle performance activator with caffeine for quick and sustained energy, and BCAAs, creatine, and beta-alanine to help you bust out more reps and help your muscles recover faster.

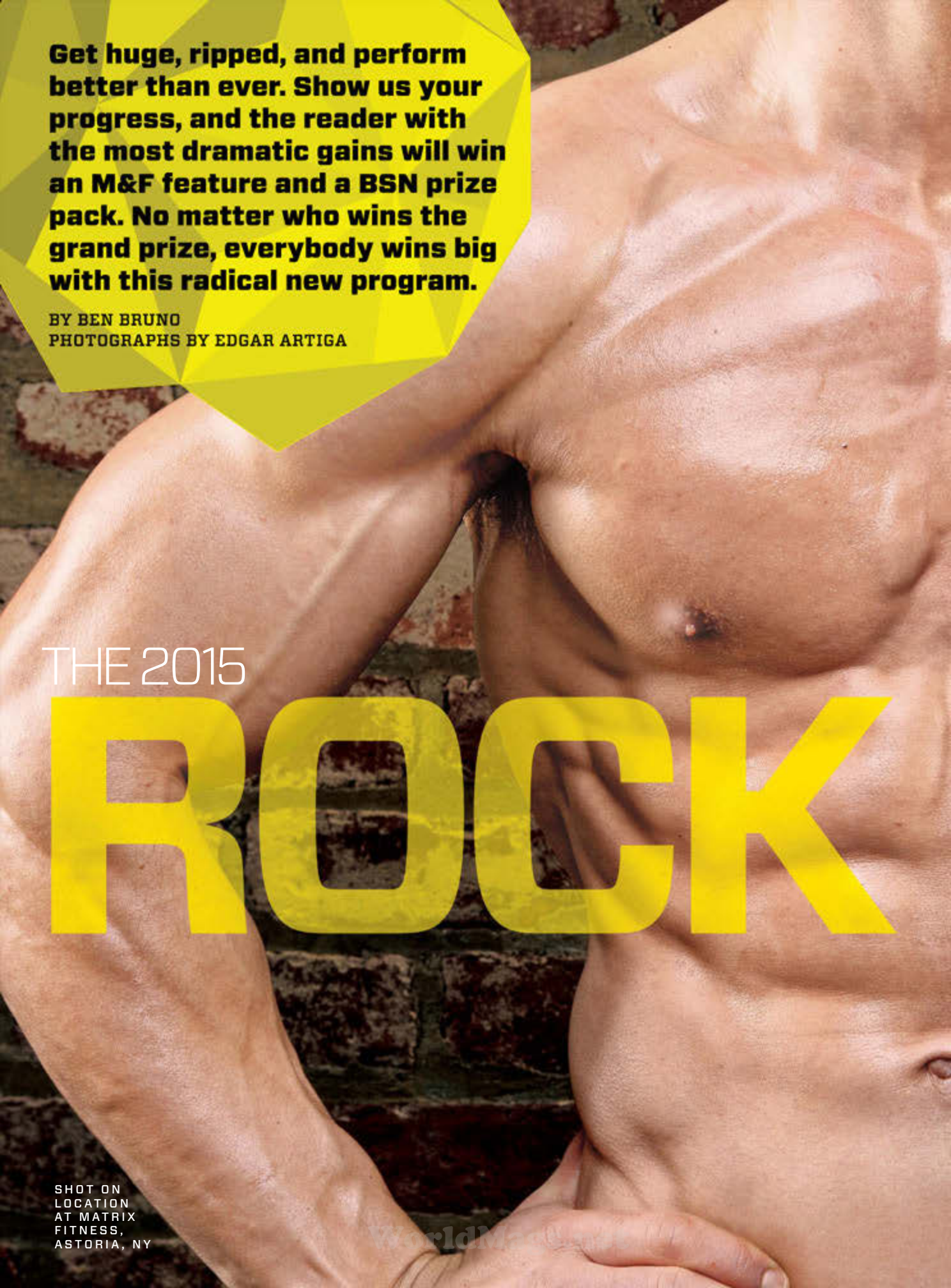
Amino Pro – Anytime

Increase your endurance with instantly soluble BCAAs to minimize muscle breakdown and support faster muscle recovery, as well as electrolytes, L-taurine, and L-citrulline to increase hydration, energy, and circulation.

M.P.S. – Post

7g of BCAAs and 2.4g of whey peptides trigger muscle protein synthesis for faster muscle recovery and growth. HICA and KIC prevent muscle protein breakdown.

YOUR AMBITION. OUR NUTRITION.[™]



Get huge, ripped, and perform better than ever. Show us your progress, and the reader with the most dramatic gains will win an M&F feature and a BSN prize pack. No matter who wins the grand prize, everybody wins big with this radical new program.

BY BEN BRUNO
PHOTOGRAPHS BY EDGAR ARTIGA

THE 2015

ROCK

SHOT ON
LOCATION
AT MATRIX
FITNESS,
ASTORIA, NY

WorldMag.net



HARD

CHALLENGE

PART I



T HIS YEAR'S ROCK HARD CHALLENGE IS DESIGNED TO GET YOU IN THE BEST SHAPE OF YOUR LIFE—IN A HURRY. YOU'LL GET BIG, LEAN, AND MORE ATHLETIC IN EIGHT WEEKS. YOU'LL TRANSFORM IN SUCH A WAY THAT YOU WON'T EVEN RECOGNIZE YOURSELF.

Of course, that's the core promise of just about every fitness program ever created—past Rock Hard Challenges included. So what makes this program different? All the stuff most guys avoid—joint mobility and injury prevention training—has been built right into the program. It's not lumped together at the beginning or the end, where you'll be tempted to skip it or put it off until another day. It's all there in

between sets of the heavy lifting you want to do, making the most of the time you'd normally be resting and priming your body for a better workout.

"Wait, what? Who cares about mobility work?" you might ask.

We know. Mobility work isn't sexy. People are going to ask you what you bench, not if you can

touch your toes. But what if we told you that your lack of mobility work is what's really holding you back in the gym? It's why your plateaus seem to last longer these days and why it's harder to break through them. It's why you don't recover as quickly from a hard training session and why you feel those nagging injuries starting to pile up. It's why you might be able to attack an eight-week mass-building program, make progress, but feel as if you were hit by a car at the end of it. By building mobility and flexibility into the heart of the program, this year's Rock Hard Challenge doesn't just help you hit short-term goals but sets you up for long-term success without injury or imbalances.

Don't get us wrong: The foundation of this year's Rock Hard Challenge is still strength training. To win the grand prize—an *M&F* feature and a massive batch of BSN supplements—you'll need to look like a beast. And the most important part of looking like you can deadlift a house is actually being able to do so. By the end of this program, you'll have plenty of "go" to go along with your "show," giving you the best of both worlds.

We've also structured your strength training in such a way that your heart rate should remain elevated throughout each workout, hence the lack of traditional cardio.

Get started on Part I now; Part II will appear in our April issue.

We won't lie to you. This program is difficult, but it will be worth it—now, and for a long time to come.

ENTER NOW Go to muscleandfitness.com/2015RHC for contest details and to enter to win. You'll also get the full interactive training, nutrition, and BSN supplementation program, plus exclusive videos and bonus material.



PHASE 1
WEEKS 1-4

WORKOUT

DIRECTIONS: Do each workout once per week for four weeks. Perform the warmup before every workout. Perform any exercises labeled A, B, or C in sequence. Keep rest periods as brief as possible. Note that not every exercise in a given super-set or triset calls for the same number of sets. For any unique exercises not shown, refer to the exercise glossary on page 106.

STATIONARY SPIDERMAN

From a pushup position, step your right foot forward underneath your shoulder and drop your right elbow inside your right knee; your left foot and hand will remain on the floor. Press your right elbow outward to stretch your right leg. Hold for five seconds, then repeat on the opposite leg.



WARMUP

DIRECTIONS: Do all five exercises as a circuit, resting 90 seconds to two minutes after scapular pushups. Repeat the circuit a second time.

EXERCISE	REPS
Squat-to-Stand	10
Alternating Lunge	5 each side
Lateral Lunge	5 each side
Stationary Spiderman	5 each side
Scapular Pushup	10



SQUAT-TO-STAND

Squat down to grasp your toes with your hands. Don't just touch your toes; wrap your hands so that the tips of your shoes are in the palms of your hands. Stand up without shift position. You'll feel a deep stretch in your glutes and hamstrings. Hold the top position for a second, then drop back down into a deep squat and repeat for a set of 10.





DAY 1
WORKOUT A

LOWER BODY

EXERCISE	SETS	REPS
A1. Trap-bar Deadlift	4	8
A2. Kneeling Hip Flexor Mobilization	3	10 each side
B1. Bulgarian Split Squat	4	8 each side
B2. Ankle Mobility	3	10 each side
B3. Side Plank	3	30 sec./each side
C1. Single-leg Hip Thrust	3	8 each side
C2. Sumo Squat Stretch	3	20 seconds
C3. Goblet Squat	2	10



SINGLE-LEG HIP THRUST ▲

Sit on the floor and brace your upper back against a bench. Fully extend your right leg, then press your left foot into the floor to extend your hips. Hold the top position for a second, then return to the floor. Perform equal reps each side.



TRAP-BAR DEADLIFT ▲

Load a trap bar (also known as a hexagonal, or hex, bar) and step into the center. Drop your hips to grasp the handles. Keep your back flat as you engage your glutes, hamstrings, and quads to stand up. Keep your back flat throughout the move and fully extend your hips in the top position. The trap-bar deadlift is considered a safer alternative to the standard deadlift because the load is balanced evenly around the body instead of hanging in front of the body.



DAY 2
WORKOUT A

UPPER BODY



FEET-ELEVATED PUSHUP ▲

Set your feet on a bench or plyo box about 12–18 inches off the floor. Set your hands slightly wider than shoulder-width apart on the floor and perform pushups. Keep your core tight so that your body forms a straight line from your shoulders to your ankles. Go as low as you can on each rep.

STABILITY BALL ROLLOUT ►

Kneel on the floor in front of a large stability ball. Press your palms together, set your hands on the ball and lean into it. Your hips should be at 90 degrees in the start position. Lean forward to roll out, extending your hips as far as you can. Flex your abs, lats, and shoulders as you pull back to the start position.



EXERCISE	SETS	REPS
A1. Chinup*	4	Failure
A2. Scapular Wall Slide	4	10
B1. Flat Dumbbell Bench Press	4	8
B2. Stability Ball Rollout	3	10
B3. Face-pull	3	10
C1. Feet-Elevated Pushup	4	Failure
C2. Alternating Dumbbell Curl	3	8
C3. Reverse Crunch	3	12

*If you can't do chinups, substitute lat pulldowns for four sets of eight reps.



DAY 3
WORKOUT B

LOWER BODY

EXERCISE	SETS	REPS
A1. Goblet Reverse Lunge	4	6 each side
A2. Sumo Squat-to-Stand	3	8
B1. Stability Ball Leg Curl	4	10
B2. Leg Lower	3	8
B3. Pallof Press	3	8 each side
C1. Single-leg Box Squat	3	6-8 each side
C2. Glute March	3	8 each side
C3. Kneeling Hip Flexor Mobilization	3	10 each side



SINGLE-LEG BOX SQUAT ▲

Set up a bench or plyo box directly behind you—it should be high enough so that your knees bend 90 degrees when you sit. Extend both arms in front of you for balance, then extend your left leg in front of you. Sit back on the box, come to a complete stop, then stand up, pushing through your right heel. Perform equal reps on each leg.



STABILITY BALL LEG CURL ◀

Lie on your back with your heels resting on a large stability ball. Rest on your traps and shoulders with your hips off the ground, your body in a straight line. Dig your heels into the ball and pull it toward your body until your knees are at 90 degrees. Slowly extend your legs to return to the start position.

OWN
BECOME GREATNESS

IT

GIANCARLO STANTON
ALL-STAR OUTFIELDER

ROB GRONKOWSKI
ALL-PRO TIGHT END

RUSSELL WESTBROOK
ALL-STAR POINT GUARD

SIX STARTM
PRO NUTRITION



Whey Protein Plus – The Choice of Elite Athletes

- ★ 60g of protein per 2 scoops – ideal for flexible dosing
- ★ Enhanced with clinically proven muscle & strength builder – delivers the results you want
- ★ Award-winning taste – beats the competition hands down¹

#BecomeGreatness

facebook.com/SixStar @SixStarPro sixstarpronutrition

SixStarPro.com

¹The American Masters of Taste, a prestigious panel of chefs and flavor experts, awarded Six Star® Whey Protein Plus the Gold Medal for Superior Taste against all other value brands in America. ²MuscleTech® is America's #1 Selling Body Building Supplement Brand based on cumulative wholesale dollar sales 2001 to present. Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2015

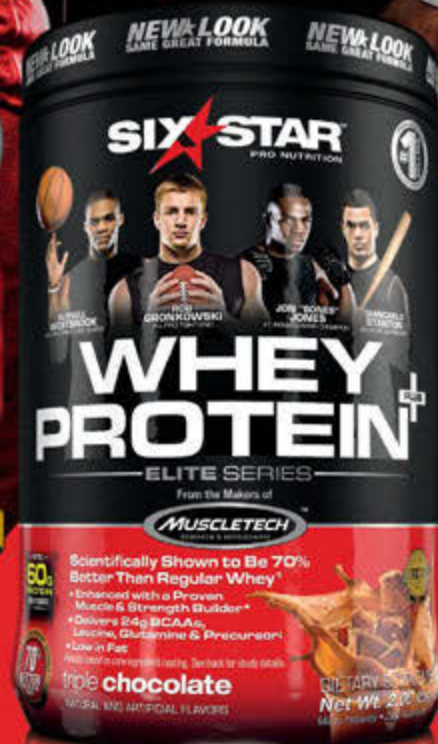
Select

CVS/pharmacy

Walgreens



meijer



PREMIUM SUPPLEMENTS. SMART PRICE.



DAY 4
WORKOUT B

UPPER BODY

EXERCISE	SETS	REPS
A1. Single-arm Overhead DB Press	4	6 each side
A2. Renegade Row	3	8 each side
B1. Inverted Row	4	8
B2. Incline DB Press	3	10
B3. Scapular Wall Slide	3	10
C1. Close-grip Pushup	3	Failure
C2. Incline DB Curl	3	8 each side
C3. Plank	3	30 seconds

INCLINE DUMBBELL CURL

On an incline bench set to 45 degrees, perform supinating dumbbell curls, alternating arms each rep. Your palms should make a full rotation from the bottom of the movement to the top. The biceps are not just responsible for elbow flexion but also partially responsible for forearm rotation, so you'll get a little extra mileage out of the twisting movement of these dumbbell curls.



RENEGADE ROW

Hold a pair of dumbbells and get into a pushup position, supporting your body on the handles. Brace your core and support your body with your right arm as you row the left dumbbell up to your shoulder. Return to the start position under control, then repeat with the opposite arm. Try to keep your hips level and don't round your back. This move is as much about building core strength as it is a lat builder.

NEW!

"My training is always intense with Six Star® Pre-Workout Explosion."

ROB GRONKOWSKI
ALL-PRO TIGHT END

OWN
BECOME GREATNESS

IT

SIX STAR
PRO NUTRITION

Pre-Workout Explosion – delivers your most explosive workouts ever.

- ★ Energy, focus & intensity
- ★ Explosive muscle pumps
- ★ Clinically validated amounts of key ingredients

#BecomeGreatness

facebook.com/SixStar @SixStarPro sixstarpronutrition

SixStarPro.com

Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2015



PREMIUM SUPPLEMENTS. SMART PRICE.

Walgreens

WorldMags.net



DAY 5

TOTAL-BODY BARBELL COMPLEX

DIRECTIONS: Perform all six exercises in succession without putting the bar down. Start with 65 pounds for the first set and adjust accordingly for each additional set.

In Weeks 1 and 2, perform three rounds of the complex. In Weeks 3 and 4, perform four rounds of the complex.

EXERCISE	REPS
1. Hang Clean	5
2. Reverse Lunge*	5 each side
3. Push Press	10
4. Back Squat	10
5. High Pull	10
6. Romanian Deadlift	10

*Using a front-squat grip on the bar.



HANG CLEAN

Load a barbell (preferably with bumper plates) and hold it with a wider-than-shoulder-width grip. Let it hang at your knees. Stick your hips out to load the move (1), then explosively extend your hips, shrug your shoulders, pull with your arms, and rise onto your toes (2). Gently receive the bar at your shoulders (3).



ABOUT THE TRAINER

Ben Bruno is an L.A.-based celebrity trainer. Learn more from him at benbruno.com.



682% BETTER. JUST SAYIN'



682% BETTER. Novex Biotech's Growth Factor-9 is the only US patented, verified by human clinical trial, scientifically validated product to increase mean, serum (blood) growth hormone levels by 682%. It elevates your natural hGH so you pump and chisel your way to more lean muscle mass and reduced fat, while crushing every workout with more endurance. Go online to learn more about the science behind the performance!

Try the NEW great-tasting Growth Factor-9 tropical flavor powder! The same full-strength GF9 formula in a delicious, take-anywhere, mix-anywhere packet.

NovexBiotech.

HUMAN TESTED. ATHLETE APPROVED.

1.800.688.0375

www.GrowthFactor9.com

Use promo code GFA70 at checkout for **FREE Shipping**.[†]





NUTRITION

EATING FOR A RIPPED BODY

EATING SIX TO seven meals on a rigid schedule, as many bodybuilders and physique competitors do, does work, but it's needlessly time-consuming for most guys. Your fitness and eating plan should enhance your life, not control it. Unless you're a competitor yourself, it shouldn't be your sole or primary focus.

This eating plan will be centered on the old-fashioned three square meals a day—breakfast, lunch, and dinner—plus a post-workout shake and additional snack (optional). This allows you to have slightly bigger and more satisfying meals than if you were to consume six to seven meals in a day, and it allows for a more normal social life. It also makes the plan usable regardless of what time of day you train; just eat your three regular meals and consume your post-workout shake soon after your workout.

On off days, eat the same, but skip the post-workout shake.

The main thing to focus on is getting in your protein. Shoot for one gram of protein per pound of your goal body weight. Assuming your post-workout shake is 40 grams of protein, take your body weight, subtract 40 from that number, and then divide that number by three to figure out your protein needs in each meal.

If your target body weight is 190 pounds, you'd want to eat approximately 50 grams of protein per meal, plus the 40 grams of protein in your shake.



Good sources of protein for breakfast include:

- Whole eggs (don't be scared of the yolks)
- Greek yogurt
- Cottage cheese
- Turkey bacon

Good sources of protein for lunch and dinner include:

- Chicken
- Fish
- **Beef**
- Turkey
- Lean pork

Protein powder can also be consumed during meals for additional protein or for convenience.

Aside from a hearty serving of protein, the rest of any meal should be composed of a clean carb source and a healthy fat. You should also try to eat a lot of vegetables in at least two of your meals.

Good fat sources include:

- Whole eggs
- Avocado
- Nuts
- Fat from meat sources

Good carb sources include:

- Fruit
- Potatoes
- Sweet potatoes
- Rice (brown or white)
- Oats
- Quinoa

LEGEND

GO AHEAD, BE ONE.



OPTIMIZED MUSCULAR ENERGY

LEGEND™ is a high intensity, over the top phenomenal pre-workout, that takes over and allows the enhanced production to actually serve a purpose... STRENGTH, MUSCLE, and SPEED! BE A LEGEND!*



AVAILABLE AT:

GNC
LIVE WELL



*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.

WWW.CUTLERNUTRITION.COM



PHASE 1
WEEKS 1-4

NUTRITION



Sample Day of Eating A

Breakfast

- 4 egg omelet with ½ cup broccoli and ½ avocado
- 1 piece of fruit
- ½ cup oatmeal
- 1 7-oz container Greek yogurt

Lunch (Optional)

- 4 cups salad with 4 oz chicken, and 1 oz olive oil
- ½ cup quinoa

Dinner

- 1 large salmon fillet
- 1 cup broccoli
- 1 potato or sweet potato

Snack

- 4 oz almonds

THE MACROS

2,650 CALORIES	180g PROTEIN
190g CARBS	130g FAT

Sample Day of Eating B

Breakfast

- Smoothie with 1 scoop of protein powder, ½ cup apple, and 8 oz almond milk
- 1 7-oz container Greek yogurt

Lunch

- Wrap with turkey and avocado
- 2 hard-boiled eggs
- Small side salad (2 cups)

Dinner

- 8 oz sirloin
- 1 cup broccoli
- ¾ cup rice

Snack (Optional)

- 4 oz beef jerky

THE MACROS

2,550 CALORIES	210g PROTEIN	190g CARBS	100g FAT
-------------------	-----------------	---------------	-------------



YOUR DREAM JOB DOES NOT EXIST.

YOU MUST CREATE IT.

According to a Harris Interactive survey, 55 percent of working adults are in search of a new profession. So why not turn your passion for fitness and nutrition into your own business?

- THE RIGHT CONCEPT
- THE RIGHT OPPORTUNITY
- THE RIGHT TIME

OPEN A NUTRISHOP TODAY!



Alyssa Smith
@AlyssaLifts
Team NutriShop Athlete
Eric Nelson Photography



www.NutrishopUSA.com

 @NutrishopUSA

 NutrishopUSA

We carry all of the top brands and the latest nutritional supplements with a low price guarantee!

WorldMags.net



UNIQUE MOVES
NOT SHOWN

EXERCISE GLOSSARY

ALTERNATING

LUNGE: Take one long stride forward and drop your back knee close to the ground. Push back to the start position through your front heel, then repeat with the opposite leg.

LATERAL LUNGE:

Take one long stride sideways, leaning into the lead leg. Push off the lead leg to return to the start. Perform equal reps on each leg.

SCAPULAR

PUSHUP: Get into a pushup position with your elbows locked out. Lower and raise your body by retracting and then rounding your shoulder blades. The full range of motion is only a few inches.

KNEELING HIP

FLEXOR MOBILIZATION: Drop to one knee and push your hips forward, stretching your hip flexor on the rear leg. Hold for two seconds.

BULGARIAN SPLIT

SQUAT: Set one foot behind you on a bench or plyo box and hold on to a pair of dumbbells. Bend your front knee to lower your body as far as you can. Push through your front foot to return to the start. Repeat for equal reps on each side.

ANKLE

MOBILITY: Place one foot at the base of a wall. Keeping your heel down and your toes against the wall, bend your knee and push it closer to the wall so you feel a stretch on the calf and ankle.

SIDE PLANK:

Lie on your side, propping yourself on your forearm. Brace your abs and obliques



GET THE
APRIL 2015
issue of *M&F*
for Part II of
the Rock Hard
Challenge.

to keep your body in a straight line. Hold for time and repeat for equal time on the opposite side.

SUMO SQUAT

STRETCH: Set your feet wide and point your toes out. Drop into a low squat with your hands together, pressing your elbows against your knees. Hold the position for 15–30 seconds.

GOBLET SQUAT:

Hold a single dumbbell vertically at your chest with both hands, your palms supporting the underside of the top bell. Squat low, then drive through your heels to stand back up.

SCAPULAR WALL

SLIDE: Stand with your back against a wall with your arms raised and also against the wall. Your hands should be even with your head. The start position will resemble a W, with your head in the middle. Raise your hands above your head as far as you can reach without pulling your hands away from the wall. Hold the finish position—in which your

body will resemble a V—for two seconds. This is a key exercise for shoulder mobility and injury prevention.

FACE-PULL: Attach a rope handle to a high pulley and hold the ends in each hand. Pull the rope toward your face, flaring your elbows out to your sides.

REVERSE CRUNCH:

Lie on the floor with your feet in the air, your knees bent to 90 degrees; your lower legs will be parallel to the floor, your upper legs perpendicular. With your arms crossed in front of you, squeeze your abs as you sit up as high as you can. Hold the top position for a second before returning to the start.

GOBLET REVERSE

LUNGE: Hold a single dumbbell vertically at your chest with both hands, your palms supporting the underside of the top plate. Take a long stride backward, dropping your back knee to the floor. Drive through your front foot to stand back up.

SUMO SQUAT-TO-

STAND: Set your feet wide, squat low, and grab your toes with your hands. (Your palms should be in contact with the tips of your shoes throughout the move.) Stand up while keeping your hands in place. (See a standard squat-to-stand on page 93.)

LEG LOWER:

Lie on your back with your hands under your hips and your legs fully extended and perpendicular to the floor; your body will form a 90-degree angle. Slowly lower your legs, squeezing your abs as you do. (This should take about three seconds.) When your feet touch the floor, quickly raise your legs back up.

PALLOF PRESS:

Set a cable pulley to shoulder level and attach a single D-handle. Hold the handle with both hands at your chest and step laterally away from the machine so the weight stack rises. Press the weight out in front of you, hold it for two seconds, then bring it back to the start position.

GLUTE MARCH:

Lie on your back and dig your heels into the floor to bridge your hips up. “March” in place, lifting one knee as close as you can to your chest on each rep.

SINGLE-ARM OVERHEAD DB

PRESS: Stand holding a heavy dumbbell in one hand at your shoulder. Press it overhead, bracing your core as you do. Do equal reps on each side.

INVERTED ROW:

Set a barbell on the spotter bars of a power rack about two feet off the ground. Lie under the bar, grab it with an overhand grip, and pull your chest up to the bar, keeping your heels on the floor and your body in a straight line.

INCLINE DB

PRESS: Set a bench to 45 degrees and lie back on it, holding a heavy pair of dumbbells. Rotate your palms slightly in to your body. Press up to a full lockout on each rep.

REVERSE LUNGE:

Hold a pair of

dumbbells at your sides and take a long stride backward, dropping your back knee close to the floor. Drive through your front foot to come back.

PUSH PRESS: Hold a loaded barbell in the rack position at your collarbones. Flex your hips and knees to dip down, then explosively extend both as you drive the bar upward to a full lockout overhead.

HIGH PULL: Hold on to a loaded barbell with an overhand grip; let it hang by your waist. Flex your hips and knees to dip down, then explosively extend both, pulling with your arms to get the bar under your chin.

ROMANIAN

DEADLIFT: Hold a loaded barbell with an overhand grip; let it hang by your waist. Flex your hips and stick your butt out as you lower the bar as far as you can. You’ll feel a stretch in your hamstrings at the lowest point. Return to the start. **M&F**

OUT IN FRONT

Since the first Pak can rolled off a Jersey assembly line in '83, we've prided ourselves in leading by example. Not content to follow, we've blazed our own trail in the iron underground for more than three decades. We've been out in front of the trends, the fads and the flashes in the pan. Being on the frontline in defending the nutritional regimens of the hardest training athletes in the world, as the "True Original" training multivitamin, we've won the trust of the bodybuilders and powerlifters who lead the pack. In the front of their minds, at the top of their lists, when the time came to put in the work, it was Animal Pak that they called upon. Since day one, Pak has been the one they could count on, the one who stood the test of time, the one to lead from the front.



THE EMERGENCE OF A DOMINANT MUSCLE BUILDER

SHOCKING MUSCLE GROWTH RESEARCH IS WITHIN REACH

Groundbreaking new science has revealed that mTOR-p70^{S6K} molecules located within muscle cells are the primary trigger for extreme muscle growth. Increase these and you increase muscle size and strength. Three specific branched chain amino acids (BCAAs) were identified to activate dramatic increases levels of these mTOR-p70^{S6K} molecules. Gold-Standard, peer-reviewed, human-subject research demonstrated that a precise mixture and dosage of 45% L-Leucine, 30% L-Valine and 25% L-Isoleucine (BCAAs) at 8,180 mg (8.2 g) caused a 350% (3.5 times) increase in mTOR-p70^{S6K} molecules.

IS ORAL SUPPLEMENTATION EFFECTIVE?

The first question any skeptical supplement buyer should always ask is, "That's great in a lab, but if I take it, will it work?" The answer is definitively, yes! Oral liquid supplementation of 8.18 g of 45:30:25 ratio BCAAs boosted BCAA concentration in the blood and in muscle cells and activated the mTOR-p70^{S6K} classic anabolic signal. This confirms that drinking your BCAAs (as in AMINOCORE) in a soluble liquid form replicates the research! You can literally implement this groundbreaking technology TODAY!

A MUSCLE CELL SAVED IS A MUSCLE CELL EARNED

The mechanism behind AMINOCORE's ability to prevent catabolic muscle loss has been discovered. Molecules called MAFbx and MuRF-1 increase

dramatically during training. They lock on to muscle cells and act like a shredder, literally destroying muscle tissue. AMINOCORE to the rescue. The gene chip analysis showed a dramatic decline in the number of MAFbx & MuRF-1 with 8.18 g BCAAs. This is the number one reason that many people who hit the gym cannot gain or hang on to significant muscle size (a MAJOR factor preventing the addition of significant muscle to your frame).

INTELLIGENT DIETING SUPPORT

Caloric restriction, limiting carbs, increased cardio intensity; all essential for effective dieting, and all rapid ways to breakdown and flush away muscle. The muscle tissue breakdown that takes place when you're dieting reduces your metabolism and your ability to burn calories. Taking AMINOCORE feeds your muscles directly even while dieting and dramatically limits muscle deterioration. The net effect; you retain muscle, melt fat and maintain a higher metabolism. AMINOCORE the dieting secret you've been looking for.

THE BEST MIXABILITY, DELIVERY & ABSORPTION

AMINOCORE has Myotrisol™; a cutting-edge solubility technology to BCAA dosage administration. Until now, delivery of a 100% pure 45:30:25 ratio BCAA powder in a potent research directed level (8,180 mg), ideal for ANABOLIC activity, was next to impossible. Aside



from being the purest Pharmaceutical-Grade BCAAs, our Myotrisol™ process FLASH-FREEZE-DRIES our 45:30:25 BCAA powder to create a truly soluble and easily-mixed BCAA drink that absorbs in a truly liquid form.

ALL BCAAs ARE NOT CREATED EQUAL!

When you're comparing one BCAA to the other, look closely at the formula – does it include glutamine passed off as real BCAAs? AMINOCORE has a completely transparent label protocol. We show you precise BCAA amounts. Glutamine has its place, but it is not a Branched Chain Amino Acid (BCAA). AMINOCORE includes 8,180 mg of real BCAAs not glutamine. AMINOCORE is 100% PURE, FERMENTATION-DERIVED, PHARMACEUTICAL-GRADE, 45:30:25 ratio BCAAs. With added Ketosacoproc acid (KIC) to further enhance the buffering of lactic acid (muscle toxin) and increase the levels of L-Leucine at the site of muscle. AMINOCORE contains additional highly bioavailable B-Vitamins not only enhance the anabolic environment, they help to release additional metabolic energy.

AMINOCORE comes in 4 Flavors and Unflavored!

Available in two sizes: 400 g (44 servings) and 1000 g (111 servings). Take 1 scoop with cold water every workout.



Like Us and Win
FREE STUFF!
facebook.com/ALLMAXNutrition



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

AMINOCORE™



TEAM ALLMAX
TREVOR RYAN
IFBB PHYSIQUE PRO

INSTACLEAR™
SOLUBLE BCAA TECHNOLOGY



8g
BCAAs

0g
SUGAR

0g
CARBS

CHOICE OF
CHAMPIONS
★★★★★

INDEPENDENT 3RD PARTY TESTED
TESTED FREE FROM
BANNED SUBSTANCES

INFORMED-CHOICE
ORG
Trusted by sport

www.ALLMAXNUTRITION.COM

THE 10 STRONGEST HUMANS EVER TO WALK THE EARTH

WE COMBED THE RECORDED HISTORY OF ALL
STRENGTH SPORTS TO PRESENT YOU WITH THE
10 STRONGEST MEN OF ALL TIME.

BY SHAWN PERINE

THROUGHOUT HISTORY, mankind has been obsessed with physical strength. Since the days when the legends of Hercules first took shape, to the ancient Olympic Games where wrestling matches were used to determine the strongest man alive, we have always wanted to name one man above all others. As the centuries wore on, the methods for determining the strongest man grew more sophisticated, from the advent of Highland games to Olympic weightlifting.

Since 1977 the presumed strongest men in the world have gathered annually to compete in the World's Strongest Man competition (WSM) to determine who's No. 1, with similar contests being held by the International Federation of Strength Athletes (IFSA) and at the Arnold Sports Festival.

Still, with all the various ways we've devised to determine who is the strongest of the strong, it seems we've managed only to create factions, each loyal to the top athletes in their sport or organization of choice.

Powerlifting fans might tell you that Ed Coan is, pound for pound, the strongest man who's ever lived or that the far larger Andy Bolton is the overall strongest. **FANS OF THE WSM COMPETITION MIGHT POINT TO THREE-TIME WINNER BILL KAZMAIER** or five-time winner Mariusz Pudzianowski.

All of the men listed above have a legitimate claim to being history's strongest man, but really just one

can claim ultimate strength, and we've decided who that person is. To do so we've consulted with a man whose name deserves to be included in every discussion regarding strength. Dr. Terry Todd isn't merely the United States' first national powerlifting champion (in 1964 and '65), he was also the first man to total 1,600, 1,700, 1,800, and 1,900 pounds. Todd is also the creator of the Arnold Strongman Classic, one of the most renowned strength historians in the world, and he and his wife are the directors of the world's largest collection of physical fitness and strength memorabilia, the Stark Center for Physical Culture and Sports at the University of

Texas at Austin.

We drew upon Todd's vast collection and reviewed countless articles detailing the feats performed by men of all eras.

We'd like to make it clear that comparing athletes whose peaks came a century apart makes educated speculation a must. First, there's the issue of chemical enhancement, something obviously not available to a Louis Uni. Second, Todd points out that during the late 19th and early 20th centuries, strength athletes didn't so much train as give performances on an irregular basis. The strength they displayed for gawking crowds was raw and untrained—and it was their performances that made them stronger, nothing systematic. In this light, we attempted to recognize not just recorded strength but potential strength as well. Call it a metaphysical leveling of the playing field.

Without further ado, we believe this list to be the most definitive of its kind.



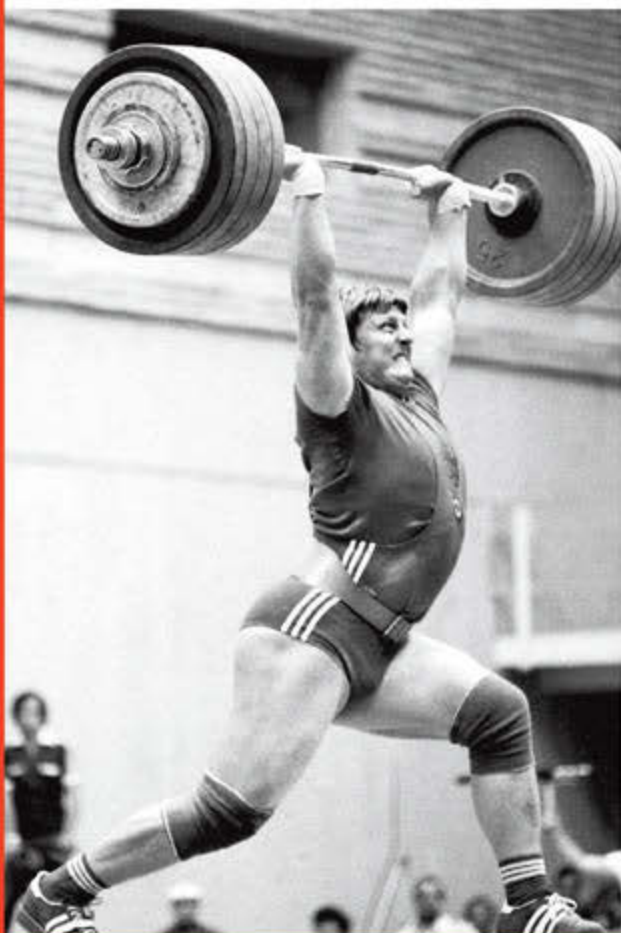


10

STRONGMAN BRIAN SHAW

BORN: USA, 1982 **HEIGHT:** 6'8" **WEIGHT:** 435 LBS

Shaw shares something in common with the legendary Bill Kazmaier—both men have placed top three at the World's Strongest Man a total of five times. Shaw, a two-time WSM winner (2011, 2013), has posted bests of 972 pounds in the deadlift and 1,122 pounds in the Hummer tire deadlift in competition (with straps). In the gym, he's credited with squatting 825 pounds, benching 535 pounds, and deadlifting 985 pounds (with straps).



WEIGHTLIFTER

9

LEONID TARANENKO

BORN: USSR, 1956 **HEIGHT:** 5'11" **WEIGHT:** 260 LBS

Taranenko set the world record in weightlifting for the clean and jerk (266 kilograms, or 58.2 pounds) and total (475 kilograms, or 1,045 pounds) way back in 1988—an era in weightlifting years—and these records still stand today. Due to restructuring by the International Weightlifting Federation of its weight classes, Taranenko's official records no longer stand, but his lifts have yet to be equaled. You know how hard it is to bench six plates? Imagine lifting it overhead. Now that's power!

JASON BREEZE: RIA NOVOSTI/ALAMY

0 POWERLIFTER ANDY BOLTON

BORN: ENGLAND, 1970 **HEIGHT:** 6' **WEIGHT:** 350 LBS

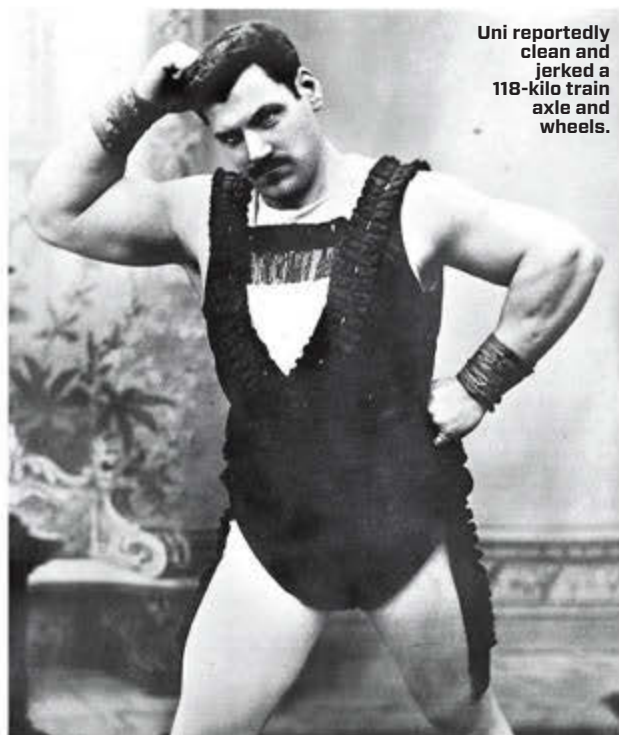
Britain's Andy Bolton is the first man in history to have deadlifted 1,000 pounds. Twice during competition he eclipsed his own accomplishment with pulls of 1,003 pounds and a then-record 1,008 pounds. Bolton holds the fourth highest squat of all time (1213.63 pounds), and his three-lift total of 2,806.34 pounds ranks third highest in history. He once stated his goal was to break the mythical 3,000-pound total, a feat not even dreamed of by most powerlifters of any era.



7 POWERLIFTER BRIAN SIDERS

BORN: USA, 1978 **HEIGHT:** 6'2" **WEIGHT:** 345 LBS

Siders belongs on this impressive list for his overall strength—he excels in all three powerlifts with personal bests of 1,019 pounds in the squat, 799 pounds on the bench, and a deadlift of 865 pounds for a 2,651-pound total. His best raw lifts include 650 pounds on the bench and 840 pounds in the deadlift. Siders takes pride in having achieved the aforementioned feats without the use of performance enhancement, meaning that his strength derives purely from genetic blessings and brutally hard work, much like that of the following man...



Uni reportedly clean and jerked a 118-kilo train axle and wheels.

6 STRONGMAN LOUIS UNI

LIVED: FRANCE, 1862-1928 **HEIGHT:** 6'3" **WEIGHT:** 260 LBS

It's especially difficult to calculate just where Uni, aka Apollon the Mighty, should rank among the all-time greats, as chronicles of his feats are mostly florid, noncritical accounts. But he was known for his great grip strength and large hands, which rendered him capable of lifting bars others couldn't even fit their hands around. Uni was also quite possibly the world's first strength athlete, being an extremely fit and agile man who took on all comers in wrestling challenges.



5 **STRONGMAN** **VASYL VIRASTYUK**

BORN: UKRAINE, 1974 **HEIGHT:** 6'3" **WEIGHT:** 320 LBS

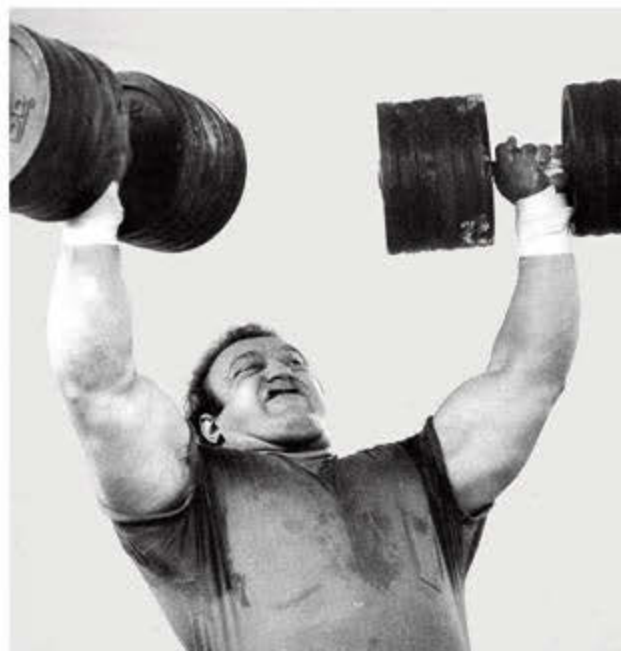
Virastyuk is the first person ever to be declared the strongest man alive in both the World's Strongest Man and IFSA World Championship competitions, winning in 2004 and 2007, respectively. In fact, he edged out the man who tops this list when he achieved victory at the IFSA contest. Additionally, the Ukrainian strongman took second place at the Arnold Strongman Classic on three occasions (2005-07). Now 40, Virastyuk has been retired from competition for some time, but his accomplishments and his legacy live on.

**WEIGHTLIFTER, POWERLIFTER,
SHOWMAN**

4 **PAUL ANDERSON**

LIVED: USA, 1932-1994 **HEIGHT:** 5'9" **WEIGHT:** 350 LBS

Paul Anderson's name may be the most controversial one on this list. Proclaimed by some to be far and away the strongest man who ever lived, he also has his share of skeptics. Whether he really squatted 1,200 pounds is open to debate, but Dr. Todd personally witnessed him squat 700 for eight reps in an exhibition—at a time when the official world record 1RM for the squat was about 700 pounds. Anderson won an Olympic Gold medal for the U.S. in weightlifting in Melbourne, Australia, in 1956.



3 **POWERLIFTER, STRONGMAN** **BILL KAZMAIER**

BORN: USA, 1953 **HEIGHT:** 6'3" **WEIGHT:** 330 LBS

"Kaz" is considered by many to be the strongest of the strong, and it's hard to argue. The winner of the '80, '81, and '82 WSM contests, Kazmaier was barred from competing in 1983 by the event's organizers because it was assumed that so long as he competed, no one else would ever get the chance to savor victory. Kaz was the first man to lift all five McGlashen stones, which weigh between 90 and 160 kilograms (about 200 and 350 pounds). His 661-pound bench press stood as the world record for years, and not for a pec tear shortly thereafter he would have surely bested it himself. His 2,425-pound total, set back in 1981, is still the record for raw (no bench shirt, no squat suit) powerlifting today.

MAT SZMAJKOS: COURTESY OF THE STARK CENTER FOR PHYSICAL CULTURE & SPORTS, THE UNIVERSITY OF TEXAS; BETTMANN/CORBIS

EVER DREAM OF BECOMING A CERTIFIED PERSONAL TRAINER?

MEET JEREMY

He's a perfect example of why we do what we do.

"Coaching people has always been a passion of mine, the world of health, fitness and nutrition just happened to be a perfect outlet for that passion. From the start of my fitness career getting certified with ISSA was one of the best decisions I ever made. Not only for the amazing functional training education, but also for the extensive business knowledge included in the course work.

Take it from a guy who had little to no business knowledge, working with a few people in a park, to opening and managing my own training facility and staff at Jeremy Scott Fitness in North Scottsdale, Arizona.

The biggest bonus of working with ISSA is the network of other like-minded, trusted, hard working fitness professionals you meet and are associated within the ISSA family. The relationships I have built with other fitness pros over the years are priceless."

—Jeremy Scott, ISSA CFT
jeremyscottfitness.com



Jason Swarr

The ISSA Your Trusted Source For Fitness Education Since 1988

ISSA's nationally accredited distance education programs provide the education you need to become a Personal Trainer, Elite Trainer, or Master Trainer. Take your certification courses even higher and earn an Associate's Degree in Exercise Science with an Emphasis in Personal Training. TA and GI Bill approved.

ACCREDITED PROGRAMS

- Personal Trainer Certification
- Fitness Nutrition
- Exercise Therapy
- Strength and Conditioning
- Youth Fitness
- Senior Fitness
- Associate's Degree in Exercise Science with an Emphasis in Personal Training

METHODS OF STUDY

Self-Paced: Study at home at your own pace

Guided Study: Structured study track with virtual classroom and lecture series

Degree Track: 10-week undergraduate online course with weekly lectures, dedicated professor, and guided classroom discussion

ISSA FAST FACTS

- For over 25 years, ISSA has provided fitness education to over 180,000 students and trainers in 92 countries
- Surveys show that the personal training industry has a high degree of job satisfaction and is one of the fastest growing industries
- ISSA provides no-cost educational support to all of its students, even after program completion



Call **1.800.892.4772** · 1.805.745.8111 (intl)
or visit **ISSAmuscle.com** mention mf1503



WEIGHTLIFTER, POWERLIFTER,
STRONGMAN, WRESTLER

MARK HENRY

BORN: USA, 1971 **HEIGHT:** 6'4" **WEIGHT:** 412 LBS

Henry holds the unique distinction of being the only man ever to hold both the U.S. weightlifting and powerlifting superheavyweight championship titles at the same time. Despite his incredible feats, Todd believes that Henry has stores of untapped potential that we never got to see as he pursued a career in WWE. So in theory at least, Henry might have been the strongest man in history. However, we think one man has him beat...



POWERLIFTER, STRONGMAN

ŽYDRŪNAS SAVICKAS

BORN: LITHUANIA, 1975 **HEIGHT:** 6'3" **WEIGHT:** 400 LBS



IN OUR OPINION, HE IS THE STRONGEST MAN

of all time. You just can't argue with these numbers: Savickas has won the Arnold Strongman Classic seven times (2003–08, 2014), which is considered a truer test of pure strength than the better-known WSM competition. In 2005, he broke three world records en route to victory at the IFSA Strongman World Championship. The following year he again took top honors.

Savickas placed second at the WSM competition in 2002, 2003, and 2004, usually dominating the events that involved pure strength while not doing as well in those that required speed and agility. In 2009, he broke the streak by winning the WSM—an accomplishment he'd repeat in 2010, 2012, and 2014. In '14, Savickas also set a new world record with a 500-pound log lift to complement his other impressive totals: a raw squat of 880 pounds, a 900-pound deadlift, and a 629-pound bench.

JOE MANN/ALLSPORT/GETTY IMAGES; PER BERNAL

THE CANDIDATES

More than a few men can stake their claim as being history's strongest, and while we just listed our top 10, a number of others also deserve high praise: Ed Coan, Franco Columbu, Marvin Eder, Lamar Gant, Mikhail Koklyayev, Magnús Ver Magnússon, Mariusz Pudzianowski, Jón Páll Sigmarsson, Naim Süleymanoğlu, and D.D. Wilson.

ADD **GREEN** TO YOUR **NEW YEAR'S** **RESOLUTIONS**

NOW EVERYONE CAN BENEFIT FROM A PLANT BASED DIET!

In the past, it wasn't always an easy choice to live a vegan lifestyle or simply a 'greener' lifestyle if your goals were to be a serious athlete. It was hard enough to get abundant protein or vitamins and minerals through diet alone, but almost all supplement sources of the past haven't been vegan-friendly. SAN recognized this dilemma and engineered **RAWFUSION** and **GREEN SUPREME FUSION** so that EVERY type of athlete has a brand and product they can turn to.

RAWFUSION is specifically formulated to be a delicious, nutritious and culinarily different Superfood. Using a complex watering/sprouting process, each ingredient in our vegan protein matrix eases digestion and increases vitality with every scoop! **RAWFUSION** is 'raw' and food in its raw state contains vital enzymes, minerals and vitamins which are often compromised during the heating process. This is exactly why **RAWFUSION** is carefully 'air-dried'. We take great care to protect and preserve the 'good stuff' as nature intended it!

GREEN SUPREME FUSION is packed with 26 nutrient-dense antioxidant Superfoods, sea algae blends, as well as high impact harmonizing herbal extracts. It's also got probiotics and food digesting enzymes that radically enhance absorption. Each simple serving contains more essential vitamins, organic minerals, amino acids (protein), omega-3s and anti-oxidants than 5 servings of fruits & vegetables per day. Basically, **GREEN SUPREME FUSION** is a 'healthy green meal' in a glass!

In addition to the awesome health benefits, both **RAWFUSION** and **GREEN SUPREME FUSION** are amazingly and refreshingly delicious. Adding 'GREEN' to this year's list will be a New Year's resolution that you'll actually love and keep!*



**EXCEEDS
5 SERVINGS**
OF FRUITS & VEGETABLES
PER DAY!

ALL NEW!
VEGAN FRIENDLY, HIGH
PROTEIN SUPERFOODS
RAWFUSION BAR



RAWFUSION & GREEN SUPREME FUSION provide All Natural & Vegan Approved ingredients for a 'GREENER' lifestyle!



All Wholesale
Inquiries Contact:

SAN
Live a **VIBRANT LIFE!**

VIBRANTLIFE.NET (888) 519-9300

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

MUSCLE MADNESS

A COUNTDOWN TO THE BEST BODY OF ALL TIME



COURTESY OF WEIDER HEALTH & FITNESS (1 & 4); EVERETT COLLECTION (2 & 13); BILL COMSTOCK (3 & 8); RALPH DEHAN, ZELLER & FITNESS PUBLICATIONS INC./COURTESY OF WEIDER HEALTH & FITNESS; CARUSO/COURTESY OF WEIDER HEALTH & FITNESS; PER BERNAL (9 & 11); PICTORIAL PRESS LTD/LAAMY (14 & 16); GETTY IMAGES

In honor of the NCAA's March Madness basketball tournament, we present Muscle Madness, a tournament of the top physiques of all time, split into two distinct groups: **the eight greatest bodybuilders and physique competitors on one side, and celebrities on the other.** Arnold Schwarzenegger, being a bodybuilder first and presenting his best physique during that phase of his life, appears on the bodybuilder side rather than the movie star side.

Voting for the bracket is open now at muscleandfitness.com/musclemadness. Go there now to cast your votes—the champion will be announced in a future issue of *M&F*!

BODYBUILDERS, PHYSIQUE COMPETITORS

1 Bob Paris **2** Steve Reeves **3** Jeremy Buendia
4 Lee Haney **5** Flex Wheeler **6** Frank Zane
7 Arnold Schwarzenegger **8** Phil Heath

CELEBRITIES

9 Greg Plitt **10** Sylvester Stallone **11** John Cena
12 Terry Crews **13** Jean-Claude Van Damme
14 Dolph Lundgren **15** Dwayne “the Rock” Johnson
16 Jason Statham



THE CHAMPION'S CHOICE!

"I vowed to never get out-muscled in the cage after my last loss three years ago. I knew I had to get bigger and stronger in order to win the MMA World Championship."

— Fabricio Werdum
MMA Champion, MHP Athlete

THE MAKING OF A CHAMPION

After suffering a controversial defeat to Alistair Overeem in 2011, heavyweight fighter Fabricio Werdum vowed that he would never lose another MMA bout to a more powerful fighter. Fabricio approached his strength coach and said, "I'll do whatever it takes to get stronger. I will never let that happen again." His strength coach immediately put Fabricio on an advanced resistance training program and contacted his friend, nutrition expert and MHP CEO Gerard Dente, about starting Fabricio on a customized MHP supplement program to enhance his strength and recovery.

Since partnering with MHP, Fabricio's training and supplement program has paid huge dividends. Over the past three years, Fabricio has been undefeated in the cage, rattling off five straight victories, including his latest win over Mark Hunt with a convincing TKO to earn the Heavyweight World Championship!



FABRICIO WERDUM
KING OF THE CAGE

"Working with Fabricio and watching his ascent to the MMA World Championship has been a tremendous experience. He worked extremely hard for this and I'm just glad to be a part of it."

— Gerard Dente, MHP CEO

What makes Fabricio Werdum so dangerous is he's one of the most focused and dedicated athletes you will ever meet. He will out-train, out-work and outlast his opponents. A typical day for Fabricio starts with Brazilian jiu jitsu, Muay Thai and grappling training. This two hour intense workout stresses his body so he builds muscular endurance and is able to concentrate on devastating technique even while exhausted. He will train with multiple partners so he never gets a chance to relax or lose intensity. After such a session, his MHP supplements speed his recovery so he's able to return to the gym a few hours later for

hardcore MMA training. Here he combines all disciplines with striking, kicking and endurance drills to prepare himself for the rigors of ultimate fighting competitions. In the evening, he coaches classes at his own MMA gym, working with his students through their workouts. On alternating days, he includes weight lifting, bodyweight training and extreme exercises such as battle ropes and sled pushes. These sessions are designed to maximize his power, strength and explosiveness, which translate well into his MMA training. Here again, recovery is key to performing high intensity workouts 2-3 times a day, day after day.

"I would never be able to maintain my level of training intensity and frequency without the proper supplementation. There is just no way my body would be able to handle it and recover."

— Fabricio Werdum

As Fabricio will attest, MHP supplements have played a major role in his rise to win an MMA World Championship. At the cornerstone of Fabricio's supplement regimen are MHP's superior anabolic protein blend, PROBOLIC-SR, and its post-workout recovery solution, DARK MATTER.



PROBOLIC-SR PROTEIN – 7X MORE ANABOLIC THAN WHEY!

Protein is the most essential nutrient for an athlete to achieve his goal of muscularity, strength and maximum performance. This is why MHP's clinically researched protein blend supplement is such a critical component of Fabricio's regimen. PROBOLIC-SR's advanced protein blend of fast, medium and slow release proteins has been shown in clinical studies to be superior to whey for muscle building and recovery. In fact, a recent clinical study showed that the blend of proteins found in PROBOLIC-SR was a whopping 7X more anabolic than whey protein for post-workout muscle building! To enhance its already powerful properties, PROBOLIC-SR also contains a patented Sustained Release Micro-Feed Technology that extends the release of muscle building amino acids for up to 12 hours. If you are looking for winning results, PROBOLIC-SR is the gym tested and research proven protein... Test it out for yourself.

DARK MATTER POST-WORKOUT MUSCLE BUILDING & RECOVERY

As an athlete who trains multiple times during the week, Fabricio needs his body to recover rapidly between training sessions. There is no better way to optimize muscle building and recovery than with precise post-workout nutrition. As a result, MHP put Fabricio on DARK MATTER, its revolutionary post-workout solution. DARK MATTER provides the powerful nutritional tools you need to stimulate post-workout muscle growth and recovery by creating the ideal anabolic response. Within minutes of taking DARK MATTER, your insulin levels simultaneously peak with amino acids, creatine and carbohydrates to transport nutrients into muscle tissue during the critical window of opportunity that follows your workout. To get the most out of your training, drink DARK MATTER immediately after every workout and introduce your muscles to a new frontier of hyper-growth and recovery!



CHECK OUT FABRICIO'S "DAY IN THE LIFE" VIDEO

If you want to learn more about Fabricio's training and supplementation, or to see a video of what a day in the champ's life is like, visit:

<http://mhpstrong.com/portfolio/fabricio-werdum/>

**TO ACCESS THE VIDEO,
USE THE QR CODE!**



1.888.783.8844 • MHPSTRONG.com

GNC
LIVE WELL

Vitamin
Shopper

B
DISTRIBUTION

VITAMIN
WORLD

Lucky Vitamin

Join
Team MHP!

f t

facebook.com/TeamMHP
twitter: @MHPstrong
instagram: mhpstrong

MHP
MAXIMUM HUMAN PERFORMANCE

© 2015 Maximum Human Performance, LLC. All rights reserved. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure, treat or prevent any disease. Your results may vary. Not intended for use by those with a medical condition. Use only as directed. Do not exceed recommended daily intake. Not intended for use by persons under age 18.



Spice

TRADE

Swap your dry dinners for some flavorful fare. Healthy never has to be boring.

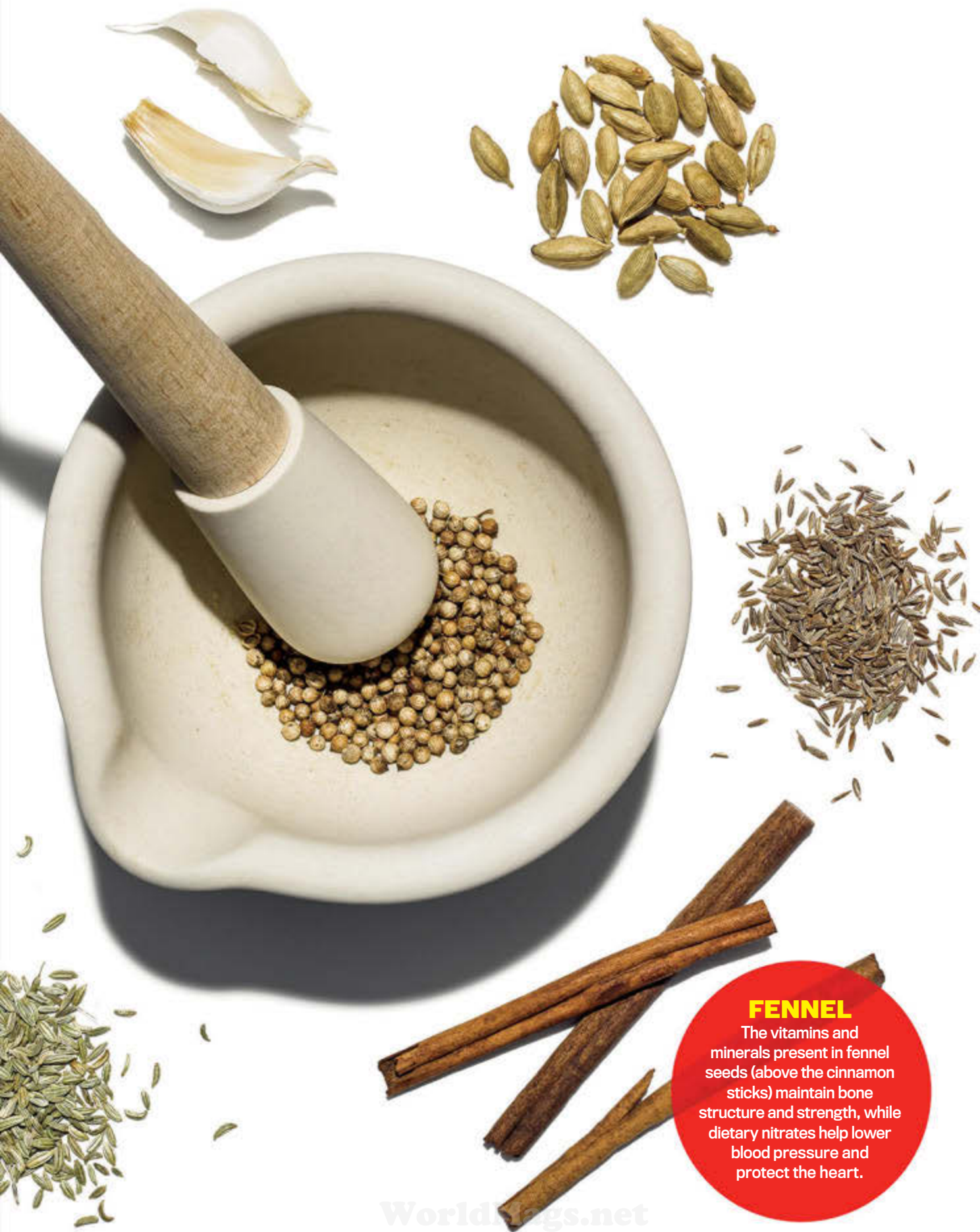
BY BRITTANY SMITH

PHOTOGRAPHS BY TRAVIS RATHBONE

JUST BECAUSE YOUR workout regimen is cut-and-dry doesn't mean your diet has to follow suit. International flavors, namely spice rubs, marinades, and sauces, turn uninspired food into sensational meals, adding maximum flavor without adding unnecessary calories, carbs, or fat. Alicia Walter, chef of private dining at Philadelphia's Vetri Ristorante, specializes in healthful cuisine and vegetables, having taught more than 500 classes at Eataly in New York City. Her

advice: Mix za'atar, a citrusy Middle Eastern spice, with Greek yogurt to make universal dips and dressings; or sprinkle the Japanese condiment gomashio onto sweet potatoes for a salty bite. Michael Psilakis, restaurateur and star of *No Kitchen Required* on BBC America, looks to rubs with Moroccan and Cretan spices for flavor, or tzatziki sauce. Together, they've put together some classic dinner pairings you can mix into your menu planning. Never settle for a dry chicken breast again!





FENNEL

The vitamins and minerals present in fennel seeds (above the cinnamon sticks) maintain bone structure and strength, while dietary nitrates help lower blood pressure and protect the heart.



WHOLE GRILLED BRANZINO

SERVES 2

FOR THE LADOLEMONO

Yields 1 quart

- 8 oz lemon juice
- 1 oz Dijon mustard
- 1 oz garlic puree
- $\frac{1}{2}$ tsp dry Greek oregano
- 18 oz extra virgin olive oil

- 1 whole branzino, about 1 lb
- 1 tbsp olive oil for brushing
- Kosher salt and black pepper to taste
- 1 small handful of torn fresh herbs (dill, mint, parsley, or chives)

1. Combine all ladolemono ingredients except olive oil in a large mixing bowl. Whisk thoroughly. Slowly drizzle in oil while mixing to ensure even distribution.
2. Cut either side of the fish's spine, going all the way down. Snip spine just below the head and just above the tail, and remove the skeleton in one piece.
3. Brush fish with olive oil and season with salt and pepper. On a very hot charcoal or gas grill, or a ridged griddle

ITALIAN KALE

- 2 tbsp olive oil
- 2 cloves garlic, peeled and smashed
- 4 anchovies, chopped
- $\frac{1}{4}$ cup walnuts, chopped
- 2 tbsp capers, chopped
- $\frac{1}{4}$ cup raisins
- 1 head kale, leaves stripped from stalks, cut into 2-inch pieces
- Salt to taste

Place a large sauté pan over medium high heat. Add olive oil and garlic. Cook until fragrant and garlic is lightly browned. Remove garlic and add anchovies, walnuts, capers, and raisins. Cook for 1 minute. Mix kale with ingredients in pan. **2.** Add $\frac{1}{4}$ cup water and cook until kale is bright green and tender. Add additional water if pan dries out before kale is cooked. Season with salt.



pan, grill fish for about 10 minutes, turning over once, until charred. Immediately transfer to a platter, and drizzle liberally with ladolemono. Sprinkle herbs over fish.

MACROS PER SERVING (FOR BRANZINO AND KALE)

930 CALORIES	62g PROTEIN	28g CARBS	67g FAT
------------------------	-----------------------	---------------------	-------------------



NATURAL BORN ATHLETE

CLEAN. TESTED. PROVEN.

For more than 45 years NOW® Sports has been supporting clean and natural athletes with our award-winning line of pure, unadulterated sports nutrition products. Our products are formulated to promote optimal performance and help you achieve the results you work so hard for.*



nowsportsproducts.com • [facebook.com/nowsportsproducts](https://www.facebook.com/nowsportsproducts) • twitter.com/nowsportsnews

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



BAKED EGGPLANT

2 medium eggplants
4 cloves garlic
6 tbsp red wine vinegar
 $\frac{1}{2}$ cup olive oil
Salt to taste
 $\frac{1}{2}$ cup fresh mint, chopped

HANGER STEAK

SERVES 4

FOR THE SPICY RED RUB

3 tbsp smoked paprika
 $1\frac{1}{2}$ tbsp clove, toasted and ground
3 tbsp cumin, toasted and ground
1 tbsp cayenne
1 tbsp mustard seeds, toasted and ground
2 tbsp kosher salt
2 tbsp sugar

$\frac{3}{4}$ cup ladolemono (recipe on page 124)
2 pounds hanger steak
1 tbsp olive oil for brushing
Salt and pepper to taste
6 tbsp spicy red rub

1. Combine spicy red rub ingredients in a bowl.
2. In a resealable bag, combine ladolemono and steak. Marinate for 24 hours (or at least four).
3. Preheat a charcoal or gas grill or ridged griddle pan until hot. Remove excess marinade, and pat dry with paper towel.
4. Brush steak with olive oil; season with salt, pepper, and spicy red rub. Grill until firm and char-marked, about 10 minutes, turning once. Set aside for 10–15 minutes.

1. Heat oven to 350°.
2. With a knife, poke two holes in eggplant. Push clove of garlic into each hole. Wrap eggplants in foil.
3. Cook eggplants until soft, approximately 20 minutes. Remove from oven, and let cool for 10 minutes. Carefully open foil and unfold the collapsed walls of the eggplants so they lie flat. Discard the seed sacks and remove the flesh and garlic to a bowl.
4. Add vinegar, olive oil, and salt to eggplant. Top with mint.

MACROS PER SERVING (FOR STEAK AND EGGPLANT)

842
CALORIES

64g
PROTEIN

16g
CARBS

59g
FAT

DIET SEASON TOOLBOX



Get Back To The BaSIX. Introducing Nutrex Research's BaSIX Series...all the tools you need to get you through the DIET SEASON. Regardless of your diet and training style there are many options and aids to help you build the body you want. Promoting lean muscle, increasing your metabolism, spiking your energy and improving your endurance are all important in helping you shed those unwanted pounds. Even if you're not a stimulant junkie, you can still supplement your diet to help burn fat. Learn more about the benefits of adding these tools to your toolbox at Nutrex.com.

Nutrex
RESEARCH
YOUR DRIVE. OUR FUEL.

YouTube f t i Nutrex.com 1.888.3NUTREX



CRETAN SPICED TUNA

SERVES 4

FOR THE CRETAN SPICE MIX

- 1 tsp cumin seeds
- 1 tsp fennel seeds
- 1 tsp mustard seeds
- 3 cardamom pods
- 10 whole black peppercorns
- 2 tbsp blended oil (90% canola/10% extra-virgin)
- 1½ to 1¾ lb ahi tuna loin, cut into 4 steaks
- Kosher salt and cracked black pepper to taste

- 1 tbsp fresh lemon juice and extra-virgin olive oil for drizzling

1. Toast Cretan spice mix ingredients in a 350° oven or toaster oven for 5-10 minutes. Transfer to a spice grinder and grind to a powder.
2. In a large skillet, warm blended oil over medium-high heat. Season tuna on both sides with salt and pepper. Dust all sides (including the edges) generously with Cretan spice mix.

STEAMED BROCCOLI WITH LEMON TAHINI SAUCE

- 1 head broccoli, florets cut into large pieces and stalk peeled and cut into rounds

Salt and black pepper to taste

½ cup tahini

¼ cup fresh lemon juice

2 tbsp gomashio

1. Fill a saucepan with 1 inch of water. Add broccoli and a pinch of salt. Place over high heat and bring to a boil. Cover and reduce to medium heat. Remove from heat when bright green, approximately 6-8 minutes.
2. Mix tahini with lemon juice. Add enough water to thin the sauce consistency. Season with salt and pepper. Pour over steamed broccoli. Sprinkle with gomashio.

THE FLAVOR OF HEALTH

The Mediterranean-inspired ingredients fall in line with the Mediterranean Diet, which has been clinically proven to reduce the risk of heart attack and other chronic illnesses.

MACROS PER SERVING (FOR TUNA AND BROCCOLI)

643
CALORIES

67g
PROTEIN

13g
CARBS

36g
FAT

"MR. HYDE...
MORE
ANIMAL
THAN
MAN"

ROBERT LOUIS STEVENSON

**INTENSE ENERGY! | PINPOINT FOCUS!
TRIPLE-SOURCE CAFFEINE TIME-RELEASE
TECHNOLOGY...NO CRASH!**



GNC
LIVE WELL

theVitamin
Shoppe.

Vitamin
Vitality

BODY
BUILDING

prosupps.com

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

CHICKEN AND PORK SOUVLAKI

SERVES 4

FOR THE TZATZIKI

- 1 English cucumber, peeled
- 10 cloves garlic, smashed and finely chopped
- 1 cup distilled white vinegar
- 4 shallots, sliced thick
- 1 cup small, picked sprigs of dill
- 2½ cups strained Greek yogurt
- 2 tbsp extra-virgin olive oil, plus more for drizzling
- 2 tbsp fresh lemon juice
- Kosher salt and cracked black pepper

- 1 pound pork tenderloin
- 1 pound chicken
- 1½ cups ladolemono (recipe on page 124)
- Half medium onion, separated into rings
- 1 cup chopped tomato
- 2 cups firmly packed arugula
- 2 tsp dry Greek oregano
- ¾ cup tzatziki
- 4 rounds whole-wheat pita bread, painted with olive oil and char-toasted on both sides (or warmed in a microwave)

1. To prepare tzatziki, quarter cucumber lengthwise and trim off the triangular wedge of seeds. Cut cucumber into very small, even dice. Transfer to a mixing bowl. In a food processor, combine garlic, vinegar, shallots, and dill. Pulse until finely chopped but not pureed. Add to cucumbers. Add yogurt. Fold together with a rubber spatula, adding olive oil and lemon juice. Season liberally with salt and pepper, starting off with 1 tbsp salt. Taste for seasoning. (Store refrigerated for one week.)

3. Carefully trim off the thin white membrane (silverskin) running down one side of pork tenderloin and cut crosswise into generous 1-inch-thick chunks. Cut chicken into 1-inch chunks. Transfer to large resealable bag, cover with 1 cup ladolemono, and refrigerate for 4 hours or overnight.

4. Remove from the brine and pat dry with a paper towel. Thread the pieces of meat onto 4 wooden skewers, keeping pork and chicken separate.

5. Preheat a charcoal or gas grill until hot. Coat onion with a drizzle of olive oil, salt, and pepper and grill until charred

and soft, turning frequently. Reserve.

6. Season meat lightly with salt and pepper and grill until firm and char-marked on all sides. Pork will take about 8 minutes total, chicken about 6.

7. Smear some tzatziki in the center of each pita round and push meat off the skewer on top of tzatziki. Drizzle with ladolemono. Top with onion, tomato,

and arugula. Sprinkle with oregano. Pull sides of pita up to meet in the center like a taco.

MACROS PER SERVING (FOR SOUVLAKI AND CARROTS)

1,252
CALORIES

81g
PROTEIN

71g
CARBS

76g
FAT



ROASTED CARROTS AND WALNUT BUTTER

- 8 medium carrots, peeled and cut into 1-inch pieces
- $\frac{1}{4}$ cup plus $\frac{1}{2}$ cup grapeseed oil
- Salt to taste
- 4 cloves garlic, peeled and smashed
- 1 cup walnuts

1. Heat oven to 375°. Toss carrots with $\frac{1}{4}$ cup grapeseed oil and salt. Place on baking sheet and roast until caramelized, approximately 12–14 minutes.
2. Heat $\frac{1}{2}$ cup grapeseed oil over medium heat. Add garlic and cook until fragrant and slightly browned. Add nuts and salt. Cook until nuts are toasted. Drizzle nuts over carrots.

GRILLED GYRO SPICED LAMB KEBAB

SERVES 4

FOR THE MARINADE

- 3 cloves garlic, smashed
- 2 fresh bay leaf
- 2 shallots, sliced
- $\frac{1}{2}$ cup red wine vinegar
- 1 cup red wine
- 2 cups water
- $\frac{1}{2}$ cup sugar
- 2 tbsp kosher salt

- 2 lb trimmed, boneless leg of lamb, cubed
- 1 tbsp olive oil
- Salt and pepper to taste

FOR THE BLACK RUB

- 6 tbsp cumin
- 1 tbsp coriander
- 4 tbsp yellow mustard seeds

- 4 tbsp clove
- 1 tbsp black cardamom
- 2 tbsp fennel
- 1 tbsp cinnamon

1. Combine all marinade ingredients in a large saucepan. Bring to a boil and reduce to a simmer until the liquid is halved. Cool completely.
2. In a resealable bag, combine meat and marinade. Refrigerate overnight.
3. Soak bamboo skewers overnight in water.
4. Preheat grill to medium high.
5. Skewer meat. Dress with olive oil; season with salt and pepper. Grill for 1 minute per side. Remove from heat and season with black rub. Grill for another minute per side and then allow to rest for another 2.



COLESLAW WITH ORANGE AND HAZELNUTS

- 1 lb green cabbage, cut into very thin strips
- 1 tsp salt
- 3 tbsp olive oil
- 6 tbsp white wine vinegar
- 3 tbsp honey
- $\frac{1}{4}$ cup parsley, chopped
- $\frac{1}{4}$ cup chives, chopped
- $\frac{1}{4}$ cup hazelnuts, chopped
- 1 orange, peeled and cut into rounds

1. Toss cabbage with salt and olive oil. Set aside.
2. Heat vinegar and honey in a small saucepan until honey is dissolved. Pour over slaw and mix well. Allow to sit for up to an hour.
3. Mix in herbs and top with hazelnuts and orange slices.

MACROS PER SERVING (FOR KEBAB AND COLESLAW)

799 CALORIES	67g PROTEIN	54g CARBS	30g FAT
------------------------	-----------------------	---------------------	-------------------

ARNOLD SPORTS FESTIVAL

PREVIEW



More than 18,000 athletes—and many of the world's best bodies—will be competing in 50 sports for this popular and still-growing multisport annual event. Will you be making the pilgrimage?

BY ERIC VELAZQUEZ, C.S.C.S.



POSEDOWN

2014 Arnold Classic champion Dennis Wolf (right) poses down against runner-up Shawn Rhoden.



Laying claim to Gold's Gym, Muscle Beach, and arguably more half-dressed hardbodies per capita than anywhere else in the world, Venice, CA, has long been considered the capital of the fitness world. But that billing is being challenged by a single, annual event some 2,260 miles and three time zones away. For the past 26 years, the Arnold Sports Festival has blunted the sting of late-winter frost in Columbus, OH, turning this Midwest metropolis into a fitness mecca all its own. Starting as a single-event bodybuilding show in 1989, it has swelled into a multisport spectacle befitting its namesake, our executive editor, Arnold Schwarzenegger. Call it hyperbole, but with 200,000 fitness-minded fans expected to flood turnstiles at this year's events, "pilgrimage" might just be the most accurate way to describe the coming crash on Columbus.

BODYBUILDING

Debuting as a men's bodybuilding show in 1989, the Arnold Sports Festival has stayed true to its roots of muscle, growing into multiple divisions and disciplines for both men and women with half a million in prize money up for grabs. This year sees the debut of men's and women's physique divisions, both of which are growing fast.

**ARNOLD FACTS**

Twice, the Arnold Classic champion has gone on to win the Olympia in the same year. **Ronnie Coleman** did it in 2001, and **Dexter Jackson** won both shows in 2008. Jackson's four Arnold Classic wins are a show record (tied with **Flex Wheeler**).

>> ARNOLD CLASSIC

In 1989, Rich Gaspari edged a loaded bodybuilding field that included former Mr. Olympia (Samir Bannout, 1983), aesthetic legend Bob Paris, and that year's IFBB World Champion Robby Robinson to capture the first-ever Arnold Classic title. The lineups have only deepened in the years since, with the Arnold becoming one of the most hotly contested annual shows. This year, all eyes will be on 45-year-old Dexter Jackson, who has won the show a record four times. To make history, Jackson will have to get past two-time champ and fan favorite Branch Warren, 2013 Arnold Classic Brasil winner Brandon Curry, and newcomer Mohammad Ali Bannout, who snagged his first pro win at the 2014 Europa Phoenix Pro.

PREVIOUS SPREAD: PER BERNAL. THIS PAGE: PER BERNAL; BILL COMSTOCK

Nitrosigine®

Bonded Arginine Silicate

RAISE the BAR

Time Optimized. High Reward.

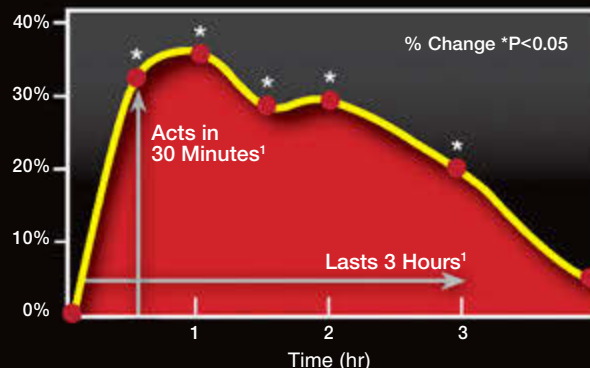
Nitrosigine® is a patented ingredient of bonded arginine silicate with FDA New Dietary Ingredient notification status; now affirmed as GRAS.[^] It has been clinically shown to significantly boost nitric oxide (NO) levels.^{*1}

Nitric oxide is a key factor in increasing blood flow to working muscles. Nitrosigine® is engineered to take effect in just 30 minutes with benefits lasting through your entire workout, for up to 3 hours^{*1} – after just a single dose! With continued use, nitric oxide levels build over time.^{*1} This can lead to even better blood flow and vessel flexibility.

Look for Nitrosigine® in your pre-workout products, such as MUSCLETECH™ ANARCHY.



Plasma Arginine Levels – Optimized Bioavailability in Human Subjects^{*1}



Nitrosigine® – The New Standard for Pumped Results™



For more information visit nitrosigine.com

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

©2015 Nutrition 21, LLC Nitrosigine® is a registered trademark of Nutrition 21, LLC. U.S. Patents: 5,707,970; 6,156,735; 6,344,444; 6,803,456; 7,576,132. 1. Kalman D, Feldman S, Samson A, Krieger D. A clinical evaluation to determine the safety, pharmacokinetics and pharmacodynamics of an inositol-stabilized arginine silicate dietary supplement in healthy adult males. *The FASEB Journal* 2014;28(1):SLB418. 2. Proctor SD, et al., A Novel Complex of Arginine Silicate Improves Micro- and Macrovascular Function and Inhibits Glomerular Sclerosis in Insulin-Resistant, JCR: LA-cp rats. *Diabetology*, 2005;48(9):1925-32. ^Affirmed as Generally Recognized As Safe (GRAS) for use in nutritional bars and beverages. DRA318NBRMTAY121714

>> ARNOLD CLASSIC 212

No Flex Lewis. No David Henry. With last year's top-two finishers absent from this year's lineup, the Arnold 212 is anyone's game in 2015. Eduardo Correa placed second at last year's Olympia 212 Showdown and is the likely favorite, but the division is deep: Hidetada Yamagishi, Jose Raymond, and Aaron Clark are among the athletes who could muscle their way into first.

>> FIGURE INTERNATIONAL

Like Dexter Jackson, IFBB figure pro Candice Keene will be looking to cement her legacy in the annals of the Arnold. She is a two-time Figure International winner. Nicole Wilkins, a three-time winner, is sitting out to focus on defending her Olympia title in the fall. Keene's path won't be easy. A very hungry Heather Dees finished second twice last year.



UP FOR GRABS With 212 champ Flex Lewis sitting it out this year, the door is wide open.

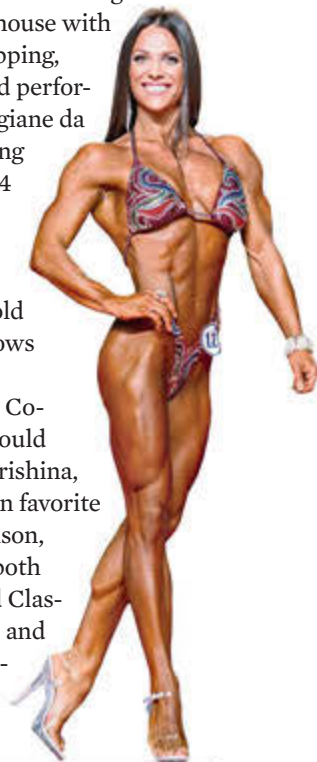


DID YOU KNOW?

The Arnold Amateur Pole Championships will feature amateur competitors in four divisions: Women (ages 18-40, Solo), Men (ages 18-40, Solo), Masters (ages 40+, Coed, Solo), and Doubles (18+, Coed 2 People). Arnold Sports Festival organizers say the sport of pole fitness is exploding internationally, with thousands of pole fitness studios and gyms opening worldwide. It's a hell of a spectator sport, too.

>> FITNESS INTERNATIONAL

OKSANA GRISHINA has been on a tear since 2012, finishing through third every time she has taken the stage. That year, she won the Arnold Classic Europe, but she didn't finish first in Columbus until last year, when the former gymnast and dancer brought down the house with a showstopping, pole-bound performance. Regiane da Silva, reeling from a 2014 that saw her finish second in three Arnold Classic shows (Europe, Brasil, and Columbus), could surprise Grishina, as could fan favorite Tanji Johnson, who won both the Arnold Classic Europe and the Columbus show in 2013.



SOMETHING FOR EVERYONE

● With a broad selection of physique competitions and other sports that continue to attract the most talented and accomplished athletes in the world, the Arnold Sports Festival has something for everyone. And bronzed bodies doing quarter turns won't be the only ones on display in

Ohio. Approximately 18,000 athletes competing in 50 sports and events will be descending on the Arnold's capacity-tested venues. Dedicated lifters and fitness aficionados will fill the sidelines for powerlifting, CrossFit, weightlifting, and strongman—which has now surpassed the

World's Strongest Man as the premier show of brute strength. Fencing, painting, and distance running all have a home, too. Plus, there are a number of championship-level events for archery, cheerleading and dance, table tennis, martial arts, gymnastics—even disc golf and pickleball.



TRUCKIN'
The tire deadlift is an Arnold strongman staple.

PER BERNAL (2); COURTESY OF ARNOLD SPORTS FESTIVAL (2)



LEAN ON ME

The most grueling sets, the heaviest weights... They leave even the strongest reeling. Digging deep for that one last rep, one more time... Even when reason and common sense beg you to stop. Go to that well again and again, and over time, it takes a toll. But that toll is a price a rare breed will gladly pay. For those who demand more from their training, the most from their bodies, there is Animal Flex... The award-winning joint support formula designed specifically for the most intense lifters on the planet. To be depended on when the big weights are on the bar and there's no turning back. When you're alone under a pile of iron that would break most men, Flex will be there. Animal Flex is your trusted ally, the one you can lean on.



MAY THE BEST TAN WIN

The bikini division leaves little to the imagination.

**ARNOLD FACTS**

The Arnold Sports Festival includes a bevy of niche sports such as fencing. In fact, *M&F* editor Ben Radding won the youth team event in the sabre discipline in 2004.

>> BIKINI INTERNATIONAL

Four Bikini International champions in four years. That's a good sign for a relatively new division. But Ashley Kaltwasser had a dominant 2014, winning four shows, including the Bikini O and the Bikini International, putting her in good position to become the first repeat winner. By virtue of their competitive two-piece dominance, Janet Layug, Justine Munro, and India Paulino can also be expected to contend for their share of the prize pool, which pays the top six spots.

>> WOMEN'S PHYSIQUE

For this new division in the Arnold Classic lineup, judges will be looking for competitors who "display a toned, athletic physique showcasing femininity, muscle tone, beauty/flow of physique." The top contenders in the debut field include Juliana Malacarne and Dana Linn Bailey, the first and second finishers at last year's Olympia. A new division, though, is always hard to predict.

THE INTERNATIONAL SPORTS HALL OF FAME

The Class of 2015 features fitness-industry heavyweights.

● The International Sports Hall of Fame will induct the Class of 2015 on March 7. The event is hosted by Hall of Fame founder Robert Goldman, M.D., and former Gov. Arnold Schwarzenegger. More than 800 members of the international press are invited annually, as well as select world champion athletes and past International Sports Hall of Fame inductees. Candidates are chosen for athletic accomplishments, charitable works, and influence. This year's class is headlined by *M&F* editorial adviser, WWE Superstar and executive Paul "Triple H" Levesque. The complete class is listed at right.

PAUL "TRIPLE H" LEVESQUE: 13-time WWE world champion

EVANDER HOLYFIELD: 5-time world boxing champion

LENDA MURRAY: 8-time Ms. Olympia

DON "THE DRAGON" WILSON: 11-time world kickboxing champion and movie star

ED COAN: Holder of more than 70 world powerlifting records

**CENTER STAGE**

Sadik Hadzovic (middle) looks to capture his first title.

>> MEN'S PHYSIQUE

In the first Arnold Classic battle of the boardshorts, Olympia runner-up Sadik Hadzovic is the clear favorite, but he'll have to out V-taper former Olympia champ Mark Anthony and a host of other contenders for the crown. Xavisus Gayden snagged third in his first pro show last year and could push his way into the top three.

THIS PAGE: PER BERNAL; TAKASHI OKUI/CORBIS; ISAAC HINDS. OPPOSITE PAGE: COURTESY OF ARNOLD SPORTS FESTIVAL

EXPO-NENTIAL GROWTH

The Arnold Sports Festival Expo continues to swell in popularity and size.

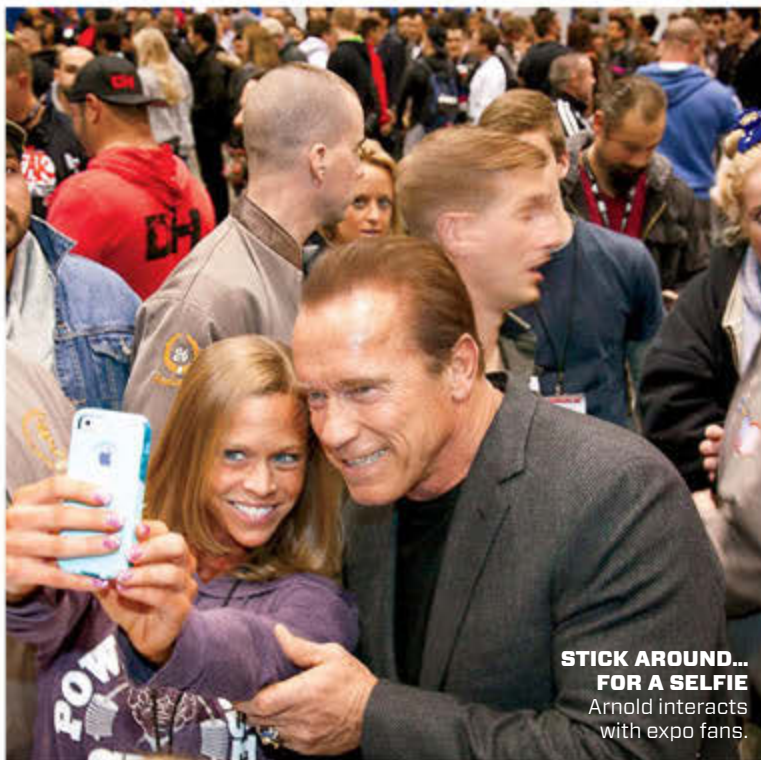
● Let's throw some numbers at you: 200,000 and 900. The former represents the number of expected attendees at this year's Arnold Sports Festival Expo, most of them forking more than \$10 (pre-sale) or \$15 (at the door) for admission. Kids under 10 are free. But because of all the events that take place onstage at the expo, those fees provide exceptional value.

"A daily expo ticket affords a great entertainment value and allows our attendees to experience a great variety of sports and events," says co-promoter Jim Lorimer.

The second number,

900, represents the mass of nutrition, sports equipment, and apparel vendors that will be crammed into the Greater Columbus Convention Center, providing the sensory overload and goodie-bag hangover that Arnold Expo attendees have come to expect.

In addition, the 2015 Arnold Sports Festival will have a Kids Fitness Expo, which will feature demos and clinics on multiple sports, a new Arnold's Got Talent show, and additional vendor booths. The Kids Expo will be held separately on Saturday and Sunday (March 7-8) at the Bricker Building at the Ohio Expo Center.



STICK AROUND...
FOR A SELFIE
Arnold interacts with expo fans.

Save 40-70%

Premium Home and Commercial Fitness Equipment



Call **800-383-9300** or shop **FitnessFactory.com**

- Fast, three-day shipping
- Lowest price guarantee
- Twelve month financing
- Gift certificates available
- Save extra on factory overstock, floor models and closeouts

Home Gyms
Starting at \$249

Thousands of bars & accessories

Freeweights & Benches
Starting at \$49

Hundreds of treadmills, ellipticals and bikes

Huge inventory of Smith machines & power racks

Cardio Equipment
Starting at \$123
Including our NEW line of CenterDrive ellipticals!

#1 Source for Kettle bells & Dumbbells

Racks/Benches
Starting at \$123

Major credit cards, checks, money orders accepted. Financing available based upon credit approval. Free weights sold separately. Free shipping on all Body-Solid equipment 199 or more. Orders ship within three business days from date of purchase. Twelve months same as cash financing. 31-day money back guarantee. 200,000 square feet of equipment in stock, ready to ship. Descriptive or typographic errors subject to correction. Fitness Factory Outlet, 1900 S. Des Plaines Ave. Forest Park, IL 60130

Body-Solid

RECYCLED FITNESS

INSURANCE

POWERLIFT

PD

PRO-DIESEL

Body-Solid ProLine

SportsArt

BOUYGARD

STAR TRAC

T

A side-profile photograph of a very muscular man in a gym. He is shirtless, showing his well-defined back, shoulder, and arm muscles. He is holding a cable machine handle with both hands, pulling it towards his chest. He is wearing black athletic shorts with a grey stripe on the side. The background is a simple gym setting with a grey wall and a concrete floor.

STRAIGHT UP

BACK

Time to ditch the gimmicks. Simplify your back training program to get growing again.

BY
ERIC VELAZQUEZ, C.S.C.S.

A side-rear view of a very muscular man with dark hair, shirtless, performing a straight-arm lat pulldown exercise. He is holding a rope handle with both hands, and the cable is taut, extending upwards and to the left. His back muscles, particularly the lats, are highly defined and glistening with sweat. He is wearing black athletic shorts with a grey stripe on the side. The background is a simple, industrial-style gym with a concrete floor and a grey wall.

STRAIGHT- ARM LAT PULLDOWN

Keep your elbows straight and initiate the move from your shoulders. After multijoint moves (the T-bar row and lat pulldown), the straight-arm pulldown provides great isolation for the upper lats to help burn them out.

**BACK
EXTENSION**

The back extension may be the last exercise of your workout, but it's far from a throwaway. At this point in your workout, your upper back has been your focus, but your erector spinae have also been worked isometrically with the T-bar rows. You can hold a light plate behind your head or across your chest to finish these postural muscles with authority.

BACK TRAINING IS like the tax code of physique building. The methodology is as diverse as it is mystifying, and as complex as it is confounding, but in the end your goal is simple: You just want to get as much back as possible (pun intended). You experiment with new workouts and flirt with multiple angles, all with the hope of adding a little swole to your rearview. If this sounds like you, breathe deep and let this simple strategy wash over you: Pull heavy stuff. Rest. Repeat.

Unless you're considering donning a set of posing trunks and getting onstage, the diversity of your angle work is a bit inconsequential. As with other muscle groups, using progressively heavier weight is the

most direct route to new strength and size. While pulling through multiple angles will help you target different parts of your back, the benefits are not so specific as to warrant the additional fuss. With a few vertical and horizontal pulls in your plan, you'll add ample depth and width to your back.

42.1% INCREASE. JUST SAYIN'



12 DAYS. It only took that long for study subjects using the functional compound found in Novex Biotech's TestroVax™ to experience an average 42.1% increase in their serum testosterone levels. That kind of increase just might make you feel like a teenager again. And what will it make you in the gym? Unstoppable. Stack it with Growth Factor™-9 for an increase in natural HGH levels up to 682%. If you're serious about transforming your body, start with the best. Go online to learn more about the science behind the performance!

NovexBiotech.

HUMAN TESTED. ATHLETE APPROVED.

1.800.324.8926

www.TestroVax.com

Use promo code **TEST34** at checkout for **FREE Shipping**.†



Growth Factor-9 is protected by U.S. Patent Numbers: 8,551,542; 8,715,752; 8,722,114; 8,734,864; 8,747,922; 8,747,921 and 8,765,195.

**LAT
PULLDOWN**

Work these with a superwide, overhand grip that shifts the emphasis to your upper lats while reducing the contribution from your biceps. In all pulling moves, think of a crane: the lats are the motor, and your arms are just cables.

NEW



WHAT'S YOUR

GRITNESS?

You're an extreme athlete with hard goals. An athlete who brings a level of "grit" to everything you do. The warrior who drives to the gym through a blizzard, trains legs on a Monday, and pushes past failure on every rep. Someone who thrives against adversity and lives as an inspiration to others. If there was a scale of gritness, you'd be a 10! True Grit™ supplements are made for you. They supply advanced key ingredients backed by clinical studies to give you the edge you need to dig deeper and get grittier.

Join the movement and prove your level of "grit" at facebook.com/truegrit



FULLY DISCLOSED
FORMULAS



KEY INGREDIENTS BACKED
BY CLINICAL RESEARCH



MAX POTENCY FOR
MAX RESULTS



UNBEATABLE
TASTE

Available Exclusively At



BODYBUILDING.com™

#WhatsYourGritness

truegrit.com

Join the conversation



Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2015

WorldMags.net

T-BAR ROW

T-bar rows allow you to closely mimic barbell rows while still creating a hefty hypertrophy stimulus with a smooth, slightly arced pull. Unsupported T-bar rows are ideal, but you can always go chest to pad as an alternative if the safety of your lower back is an issue. Adding a dropset to failure on the last set of these helps you to flush the muscles with a final surge of nutrient-rich blood.

**THE WORKOUT
BACK**

EXERCISE	SETS	REPS
T-bar Row	5	12*
Lat Pulldown	5	12
Straight-arm Lat Pulldown	5	12
Back Extension	3	12**

*Go as heavy as you can for 12 reps on each set. On each rep, maintain a flat back, pull aggressively through the positive before taking 2-3 seconds to lower the weight on the negative. Rest 1-2 minutes between sets. After reaching failure on the last set, drop the weight 20-30% and immediately continue performing reps to failure.

** After reaching failure on the last set, drop the weight and immediately continue performing reps to failure using only your body weight. **BARF**

The Best Workout You'll Ever Have is One Click Away

EXCLUSIVE OFFER!

From the Editors of *Men's Fitness* comes **101 Best Workouts of All Time**, the definitive exercise book that turns the world's most respected fitness experts into your personal trainers. With *101 Best Workouts*,

THERE ARE NO MORE EXCUSES

You will always have time to get in great shape—even if you have no time at all.

You will always have the equipment you need—even if you have no equipment at all.

You will never grow bored or stop progressing—and your workout will never become routine.



101 Best Workouts of All Time gives you:

Routines for barbells, dumbbells, bands, machines, a suspension trainer, and body weight alone.

Muscle-building full-body workouts, plus body-part-specific, and upper/lower split routines.

Fat-burning, heart-strengthening cardio workouts for all the most popular machines—treadmill, elliptical trainer, stationary bike, rower, and more.



Complete, scientifically proven nutrition plans for muscle gain and fat loss.

DISCOVER HOW TO MAKE THE WORLD YOUR GYM!

THIS INCREDIBLE PROGRAM IS NOT AVAILABLE IN STORES.

A Zinczenko-AMI Media Ventures, LLC publication

Visit www.101BestWorkouts.com to purchase your copy today and we will rush you the exclusive publisher's edition of the *Men's Fitness 101 Best Workouts of All Time*.

WorldMags.net

PRODUCT SHOWCASE

**THIS
MONTH'S
SPECIAL
OFFERS**



A-AKG POWDER

A-AKG, pre-workout powder that helps attain a deeper level of training and sustained muscle growth in a shorter timeframe. It provides increased muscle pump pre-workout. Post-workout it helps process ammonia created by intense muscle activity and creates glutamine for energy and muscle recovery. A-AKG may result in increased muscle mass.

25% Off Your TOTAL Order at OLYMPIANLABS.COM
CHECKOUT CODE: M&F25OL
Offer Valid Until 3-1-2015



THE FUTURE OF CREATINE TECHNOLOGY

Body Fortress® 100% Pure Creatine HCL not only brings you THE FUTURE OF CREATINE TECHNOLOGY, we've also packed in an amazing 100 SERVINGS PER BOTTLE. That's more than DOUBLE the amount of servings found in certain competitive brands. Try it today for the unbeatable price of \$13.98, only at Walmart.

bodyfortress.com



SEX-STRENGTH ENERGY XCELLERATOR

Highest Quality Ultimate Pre Workout. Contains: Con-cret' Creatine HCL – gain strength without water retention. ATP – store energy to improve endurance for max potential. Capsi – thermogenic blast of cayenne pepper to promote sweating, decreasing body fat. Agmatine – increase nitric oxide release for sustained skin tearing pumps. Gain energy with the jitters.

**FREE T SHIRT when you mention
Muscle & Fitness Magazine
Highest Grade Purity Tested Ingredients
Sexenergydrinks.com**



BCAA PEAK– 12:1:1 LEUCINE LOADED!

BCAA Peak™ contains a 12:1:1 ratio of branched-chain amino acids—6.2g of leucine, and 2.5g of l-glutamine per serving. All BCAAs enhance muscle growth, but leucine has been shown to be most critical for muscle protein synthesis.

Research shows that when enough glutamine is ingested the rate of protein synthesis increases, recovery improves and lean body mass is gained faster.

innerarmour.com



VERSA GRIPPS PRO IN NEW LIMITED EDITION COLORS

Gotta Have Theses! TRAIN BETTER with Versa Gripps Pro for the ultimate weight training experience. Versa Gripps PRO in New Limited Edition Colors are available in: Neon Orange/Black, Lime Green/Black and Blue Pacific/Black (check our website for all current new colors). Versa Gripps are proven as the most advanced accessory in muscle-building technology, our patented self-supporting grip assist enhances muscle isolation in pulling & pushing exercises.

All-in-One training accessory. The Absolutely the Best Grip in the World is designed for both men and women.

Made in the USA.

**Free Shipping in the continental USA
on any New Limited Edition purchase
with online coupon code: MMSHIPUS
Visit VERSAGRIPPS.com for more info
or call (207) 422-2051**

QUIPPS

THIS MONTH IN SUPPLEMENT NEWS

Growth Factors

Proper nutrition, training, rest, and supplementation—including Growth Factor-9—will help spike your GH levels for better muscle-building gains.

BY ADAM GONZALEZ

POTENT COMPOUNDS

Multijoint compound lifts such as the back squat and deadlift can increase GH levels.

HUMAN GROWTH HORMONE (HGH, OR SIMPLY, GH) IS A NATURALLY OCCURRING HORMONE

that helps us add muscle mass, maintain a youthful appearance, and decrease or delay the health problems associated with aging. Thanks in large part to its raw use as an injectable performance-enhancing drug, GH has been mired in controversy in recent years, and unfairly so. Your body, after all, naturally produces GH—so if you can dial in your training, nutrition, supplementation, and sleep, your body will naturally produce more of the ultimate health hormone. Here, we break down how to do just that.

SURGE YOUR GROWTH

Idealized levels of GH help decrease body fat, increase libido, and boost energy. Our bodies produce GH in the pituitary gland to support cell growth and repair. But GH remains

active in the bloodstream for only a short time. During this phase, GH works in conjunction with growth factors, including the one most important to bodybuilders, insulin-like growth factor-1 (IGF-1).

What's interesting is that even a healthy young man has relatively little GH in his system at any given time. On average, each man has about five nanograms per milliliter circulating in his bloodstream. That's because levels peak at puberty and begin to decline in the early 20s—and this makes sense because that's the end of long-bone growth, the age at which you stop "growing."

PEAK YOUR GROWTH

Supplements are crucial for maximizing gains, but they don't work in the absence of a regimented nutrition, training, and recovery plan. Here are some additional ways that you can boost your GH levels,

PREVIOUS PAGE: DUSTIN SNIPES. THIS PAGE: J.J. MILLER

supporting the benefits that Growth Factor-9 provides.

1) GET PROPER REST: GH levels peak when you're sleeping. Get seven to nine hours of sleep every night and try to keep to a regular schedule.

2) TRAIN WITH INTENSITY BUT DON'T OVERTRAIN: This distinction is difficult for many young guys to put into practice. Training with heavy weights encourages the production of GH. But workouts much longer than an hour will spin you into overtraining and undercut muscle growth as well as your GH levels.

3) FOLLOW A DIET THAT SUPPORTS GH PRODUCTION: While you can argue that some foods are better than others for enhancing GH levels, the basics are pretty simple: A standard bodybuilding diet that's high in protein and moderate in dietary fats and carbs is good for supporting GH production.

LEVEL BEST

If you suspect that your GH levels are holding back your workouts, your results, or even your energy levels throughout the day, then you should consider having your blood assessed by your doctor to see if you have a deficit.

Having an ideal GH level not only helps ensure continued muscle gain and maintenance, but it also supports a youthful appearance and longevity. Following a clean diet, getting plenty of sleep, and training with intensity are important components of maximizing GH production. You should also consider supplementing with research-supported Growth Factor-9 to make sure that you're providing your body with ingredients that help maximize natural GH levels.

GROWTH FACTOR-9

You'll recognize many of the ingredients on Growth Factor-9's label, but the patented ratio of GH-building ingredients is the key to this product's potency, which was proven in a resoundingly positive clinical study conducted at LSU. Researchers studied Growth Factor-9's effects on both men and women between the ages of 18 and 70 and found that when the product was taken on an empty stomach, serum GH levels increased two hours later by 682% versus a control group.

L-GLUTAMINE

The most prevalent amino acid in the human body provides multiple training advantages, including improving digestion, boosting immunity, and enhancing recovery. Research performed at Louisiana State University also shows that taking glutamine leads to a rise in GH levels 90 minutes after ingestion. Perhaps some of these other benefits of glutamine

supplementation are linked to an increase in GH levels.

L-ARGININE HCl

Arginine, an amino acid, is best known in bodybuilding circles for its ability to boost nitric oxide production for greater delivery of oxygen and nutrients to muscle tissue. It's also known to support the production of GH. Arginine achieves this by inhibiting somatostatin, a hormone that reduces GH secretion.

L-LYSINE HCl

Lysine is a potent GH secretagogue, and its inclusion with arginine further enhances GH secretion more than arginine or lysine taken separately. This essential amino, one the body does not produce, also supports carnitine production. Carnitine is a compound that helps convert fat released from storage into energy you can use immediately.

N-ACETYL L-CYSTEINE

This is an amino acid that supports more intense workouts, helping you create the environment for growth, and it also helps protect your

muscle cells from oxidative damage. Found in Growth Factor-9, it also helps boost the hormone erythropoietin (EPO), known to support increased levels of hemoglobin, hematocrit, and the size of red blood cells, supporting better oxygen delivery.

SCHIZONEPETA

This powerful Chinese herb has been used for centuries to support health. In addition to helping increase growth hormone and enhance well-being, it has been used to support immunity and treat skin problems such as rashes, eczema, and psoriasis.



◀ **GET THEM TOGETHER** Growth Factor-9 combines all of these ingredients in a proprietary blend, available in capsule form and as water-soluble powder. Get it now at growthfactor9.com or at supplement retailers everywhere, including GNC and Vitamin Shoppe.

**GOT BEEF?**

Go to muscleandfitness.com to enter for a chance to win an IsoPrime 100% Beef prize pack.

Prime Beef

MuscleMeds' Carnivor and MHP's IsoPrime 100% Beef offer the unique benefits of red meat—without the fat. **BY ADAM GONZALEZ**

BODYBUILDERS KNOW THAT

red meat is one of the best ways to add muscle to their physiques. That's because red meat is particularly high in the amino acids that promote muscle building—even in comparison with bodybuilding staples such as chicken breast and eggs. Yet beef also comes with considerably more dietary fat than other protein sources, so bodybuilders often opt for these other

foods with inferior amino acid profiles to avoid unwanted calories, particularly when they're dieting. Nowadays, thankfully, you don't have to make this choice. MuscleMeds sells Carnivor, and MHP has recently developed IsoPrime 100% Beef. Both of these supplements derive their protein from beef, giving you the same quality amino acid profile without the dietary fats. You can add Carnivor or IsoPrime

100% Beef to your whole-food meals or consume it as your pre- or post-workout shake. Here's why you should add one of these products to your supplement regimen:

Carnivor and IsoPrime 100% Beef use the latest technology to deliver beef protein isolate.

Beef protein isolate is refined so that it not only contains all the protein and amino acids of beef but also filters out the unwanted fat. Filtering out fat is of primary concern since whole-food beef is high in omega-6 fats, not omega-3s, and having too much omega-6 fats in your diet can have a negative effect on your cholesterol profile. Once hydrolyzed, beef protein isolate mixes well with water and has a delicious taste comparable to whey,

casein, or soy. In other words, these beef protein isolate products taste like a typical protein shake—not a chewy steak. Beef protein isolate goes through a six-step process to make this concentrated form palatable and effective. This includes breaking down the large protein molecules into smaller fractions that are readily digested, removing impurities that you would get from the whole-food version of beef, and enhancing the absorbability.

Beef protein isolate contains high amounts of creatine.

Beef is an excellent source of creatine, a compound that helps fuel your adenosine triphosphate (ATP) cycle, which in turn fuels muscle fibers on the cellular level

for strong muscle contractions. In addition, creatine supports muscle-cell volumizing, helping individual muscle cells expand, grow, and become stronger. Each serving of Carnivor supplies 20 times more creatine than whole-food beef sources, giving you a perceivable advantage over the whole-food form.

Beef protein isolate provides high amounts of BCAAs, carnitine, and other aminos.

While beef protein isolate is naturally high in BCAAs, Carnivor adds even more BCAAs. These aminos are primary actors in supporting muscle growth, bypassing the liver and heading directly to working muscle tissue. This helps promote a positive nitrogen balance that is essential for muscle growth. BCAAs boost protein synthesis, decrease catabolism (muscle breakdown), and reduce muscle fatigue.

Carnivor uses Anabolic Nitrogen Retention Technology (ANRT) to enhance the effectiveness of beef protein.

Too much of any good thing can cause problems. That's true of oxygen, water, and even protein. Carnivor provides a scientifically efficacious dosage of

protein, and it also contains the revolutionary anabolic nitrogen retention technology to make certain that the aminos are recycled rather than turning into waste products such as ammonia. ANRT is specifically designed to allow the recycling of aminos back toward muscle-building pathways, helping prevent the buildup of debilitating toxic scavengers that undercut muscle growth.

Beef protein isolate digests quickly.

Whole-food beef protein

digests slowly, and dietary fats further impede absorption. This can be beneficial before you go to bed and want to sustain a supply of amino acids to your system to prevent muscle breakdown. But in the pre- and post-workout windows, it's crucial for protein to digest quickly. Beef protein isolate offers a quick shot of protein, making it a good choice before and after workouts, and when you've gone several hours without food.



COWBOY Kai Greene has been a long-time advocate for beef protein isolate.



BEEF UP YOUR SUPPLEMENT

For the benefits of beef protein without the excess fat at any time of day, turn to **Carnivor** and **IsoPrime 100% Beef**, two protein supps that begin with beef's superior amino profile. Carnivor is available in 10 flavors, including chocolate, strawberry, and blue raspberry. IsoPrime 100% Beef is available in chocolate, vanilla caramel, and strawberry flavors.

FOR INFORMATION about Carnivor, please visit musclemedsrx.com. To find out more about IsoPrime 100% Beef, log on to mhpstrong.com.

WHAT'S IN THE BOTTLE BEEF ISOLATE VS. MEAT

SOURCE	CARNIVOR	ISOPRIME 100% BEEF	LEAN BEEF	CHICKEN BREAST
Amount	2 scoops	2 scoops	6 ounces	6 ounces
Calories (kcal)	220	220	358	256
Protein (g)	46	50	52	52
Carbs/sugars (g)	8/0	4/0	0/0	0/0
Fats (g)	0	0	15	5



PowerBlock Dumbbells:

- Lifetime Warranty*
- Expandable models
- Saves space
- Easy to use



Select



Lift

*Urethane Series

877-316-9850
 free brochure
www.powerblock.com

www.VigorLabs.com
1(888)698-6603

Real Deer Antler Velvet \$39.99	Semen Volume \$19.95	Insane Energy \$19.95	Male Size \$39.99	Boost Test \$19.95	RAW HGH \$39.99	Stay Hard \$19.95
BLACK ANTLER	BALL REFILL	CRACKED ENERGY	BLACK SNAKE	WRECKING BALLS	RAW HGH	CHAINSAW

NITROCUT®
 BETTER RESULTS*
 HELPS BOOST PERFORMANCE*
 CALL NOW 1-888-666-7715

\$10 OFF COUPON - "MUSTFIT"
WWW.NITROCUT.COM

www.legalpeptides.com

Serving Our Customers
 Since 1998

- ✓ Lowest Prices from USA Pharmacies
- ✓ FDA-approved Genuine Brand Medications
- ✓ Telemedicine Physician Network
- ✓ Call 7 days per week
- ✓ Over 550,000 Customers served since 1998

VIAMEDIC® CALL TOLL FREE
800-713-5054
 Visit Viamedic.com/MSL for special offers

OrderLegalSteroids.com
 CALL NOW! **1-800-441-1284**

ANABOLICS
FAT BURNERS
WEIGHT GAINERS
MUSCLE BUILDERS

www.MuscleLabsUSA.com
MUSCLE STACKS AS LOW AS \$99

FREE SHIPPING!

To advertise in the Marketplace,
 please contact Talin Boustani:
TBoustani@weiderpub.com
 818.884.6800

BODYBUILDING SHOES OTOMIX

Call for Free Catalog!



**Extreme
Trainer
Pro**

#M/F8000
\$119



**Ultimate
Trainer**

#M/F4444
\$119

DEPT:
AD15MFM2

Sign up to our VIP Mailing list
WWW.OTOMIX.COM
800-597-5425

CAN YOU HAVE PERMANENT OR ENLARGEMENT FOR A LIFETIME RESULTS?



What a difference 3" makes.
REACH YOUR MAXIMUM POTENTIAL
CALL TOLL FREE ANYTIME
Se Habla Español
1-800-378-4689
1-818-342-2028 9 am-5 pm PST (M-F)

SEND ORDER FORM AND PAYMENT TO:
AVID PRO MEDICAL dept. 53M9A
Box 571030 Tarzana, CA 91357

☐ Check ☐ Money Order ☐ Cash

CREDIT CARD NO. ☐ Visa ☐ MasterCard ☐ Amex ☐ Discover

EXPIRES: Month/Year CVS CODE 3-digit Security Code found on back of card or 4-digits on front of Amex

NAME (print) (I am over 18 and agree to the terms of avidpromedical.com)

ADDRESS

CITY/STATE/ZIP

EMAIL ADDRESS (optional)

PHONE NUMBER (optional)

Orders discreetly shipped with UPS or Priority Mail. Foreign Orders - Add \$25.00 S&H.

COPYRIGHT ©1996 PRO+PLUS is a trade name of Avid Pro Medical. Individual results may vary. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Dr. Bross advises erection size can be 3 inches bigger and can have enlargement for a lifetime when you continue to take PRO+PLUS PILLS. Size can be bigger in less than 40 days. Special 360 days prices. Choose Original, Advanced or Ultimate.

PRO+PLUS LQ ACCELERATOR LIQUID

Use with any Pro+Plus Pills works in just a few days.
FREE WITH ANY 360 DAYS SUPPLY OF PRO+PLUS PILLS

PRO+PLUS XTREME

For Immediate Erections. Effective Up To 12 Hours.
FREE BOTTLE WITH ANY PRO+PLUS FORMULA

PRO+PLUS MYTMAX TESTOSTERONE BOOSTER
Increases Sex Drive and Performance.

SUPER FORMULAS SPECIAL OFFER
Only \$25.00 Each Or Select ONE FREE With Any Pro+Plus Pills Order. Select ANY THREE FREE With a 360 Days Supply of PRO+PLUS PILLS.

ATTRACT-A-MATE
Human pheromone makes women desire you.
SEXICITER LIQUID Excites women.

PERFORM ULTRA CREAM Erection Cream

www.proplusmedical.com www.avidpromedical.com

Phone & Internet Orders specify products and dept. code (shown left, next to company name).

Quantity 60 Days Supply
120 Days Supply
240 Days Supply
360 Days Supply

MYTMAX
Testosterone
Booster

☐ \$45
☐ \$80
☐ \$110
☐ \$150

Original
For men who are
now 6 inches or
more.

☐ \$50
☐ \$90
☐ \$130
☐ \$170

Advanced
For the men with
a size less than
average.

☐ \$60
☐ \$110
☐ \$160
☐ \$210

Ultimate
For men with any size penis.
Does Not Contain Yohimbe
And L-Arginine.

☐ \$80
☐ \$140
☐ \$200
☐ \$240

PRO+PLUS XTREME FREE BOTTLE WITH ANY PRO+PLUS FORMULA

1 Bottle (8 Capsules) \$14.95 **FREE**

1 Bottle 48 Capsules \$48.75 **FREE**

PRO+PLUS LQ ACCELERATOR LIQUID FREE WITH ANY 360 DAYS SUPPLY OF PRO+PLUS PILLS

1 Bottle \$25.00 each **FREE**

Super Formulas Select ONE FREE With Any Pro+Plus Pills Order.

Three-Free With Any 360 Days Supply Of Pro+Plus Pills

Sexiciter Liquid to Excite Women \$25.00 each **FREE**

Attract-A-Mate to Attract Women \$25.00 each **FREE**

Perform Enhancement Cream \$25.00 each **FREE**

TOTAL PURCHASE \$

CA Residents add 9% sales tax \$

Shipping, Rush Service and Insurance \$20.00 VALUE ONLY \$ 14.95

TOTAL ENCLOSED OR CHARGED \$

V78T

ANABOLICS

NO PRESCRIPTION NECESSARY • AVAILABLE FOR PERSONAL USE

Sterodrol™

STERODROL® IS THE MOST POWERFUL SIZE AND STRENGTH GAINING COMPOUND AVAILABLE*.
Just a short time after initial use, most users will begin to notice enhanced **MASS, STRENGTH AND RECOVERY TIME.**
By the time you complete your bottle of **STERODROL®**, there will be no doubt in your mind (or anyone else's for that matter) that you've just finished using One of the Most Powerful Muscle Building supplements ever produced. Gaining **HARD, RIPPED MASS** is finally a reality. Users take **STERODROL®** with the total confidence of knowing **GAINS ARE ROCKSOLID.** *For best results always apply proper training and diet.



We are so convinced Sterodrol™ will finally give you the results you are looking for, we back it with an irrevocable **MONEY BACK GUARANTEE**
ORDER NOW!! 1 BOTTLE \$79.95 OR BUY 2 GET 1 FREE \$159.90

SPECIAL OFFER!! BUY 2 GET 1 FREE + FREE SHIPPING!!

Order Online www.pharmapro.net

DIAL-TOLL FREE 24 HOURS/7DAYS 1-877-674-8480

Canadian Orders Dial 1-800-241-5087

Call for your **FREE PRODUCT GUIDE**

FAST SHIPPING!



ADD \$5.00
AIR-MAIL
HANDLING
We ship to
all countries

PHARMAPRO RUSH ORDER FORM

Name: _____

Address: _____

City, State, Zip: _____ Phone: _____

☐ 1 Bottle of STERODROL, just \$79.95 plus free priority shipping OR

☐ Buy 2 Bottles of STERODROL, get 1 Bottle FREE \$159.90 plus FREE SHIPPING VIA PRIORITY MAIL

☐ Shipping via Parcel Post \$9.95 (5-7 Days)

☐ Priority Mail \$12.95 (2-3 Days)

This service FREE with orders over \$79.95

Note: Domestic Rates apply for Military orders.

Payment method (check one)

☐ Money Order ☐ Check ☐ Credit Card

CC#: _____ Exp: _____

Signature: _____

SEND MAIL ORDERS TO:

PharmaPro Inc.

Dept. 100

1730 S. Federal Hwy., Unit #270

Delray Beach, FL 33483-3309

**TO ORDER ONLINE
VISIT PHARMAPRO.NET
OR SCAN HERE**



Holy Hypertrophy, Batman!

Silver-screen superheroes have gotten only more muscular through the years, and there's no better example than Batman. With a new film starring Ben Affleck bowing in one year, we sat down with **ADAM WEST**, who answered the Batsignal long before Affleck or Christian Bale, to talk about the physical evolution of the Dark Knight.

BY TYLER STEWART

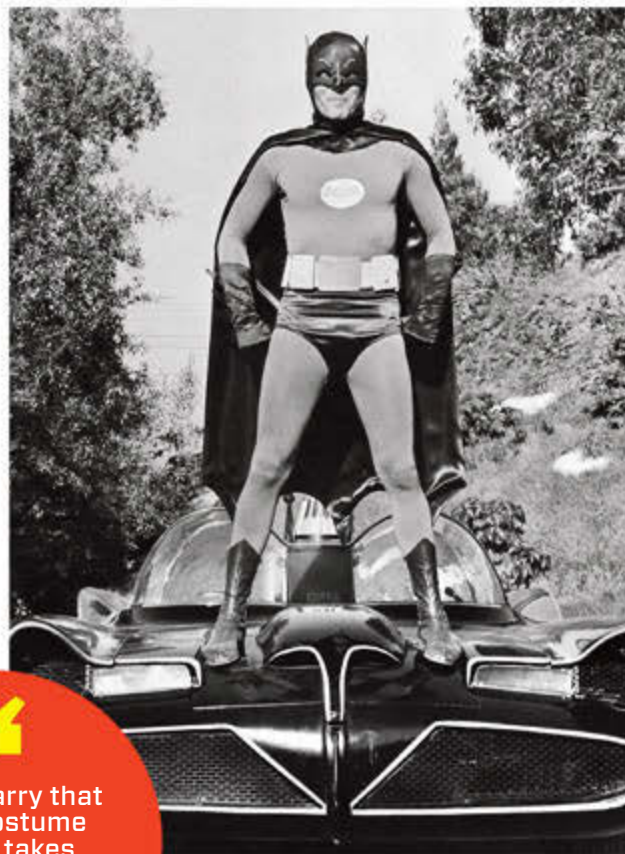
M&F: One of the most important parts of taking on the role of Batman now is being in great shape. What was it like for you before the days of comic-book summer blockbusters?

AW: I was a bit of a jock growing up. It gave me a certain resilience, coordination, and some kind of muscle power. Playing Batman kept me in shape as well. I didn't have to work out, but I did work out in the gym in Hollywood in some of the lean years before I started doing so much work. It was important to get yourself bulked up a bit.

This was also before the days of widespread serious weight training and bodybuilding. That's correct. We did our Batman in a fun way. It was a comedy on one level, and for the kids. It wasn't serious. It wasn't really necessary to be that muscular in appearance. Now they put [muscles] in the Batman costume, of course. I understand Ben Affleck has bulked up a bit and is working out, which is good. Just to carry that damn costume around takes strength.

Of all the guys who have played Batman so far, who is your favorite to take up the mantle after you?

Oh, I have no favorites. They're all very good. They do their thing, and I did mine. I can't be a critic.



THEN AND NOW: West, above, didn't have to get jacked like Bale, below, but he always had an athletic look.

“Just to carry that damn costume around takes strength.”

If the studio had asked you to do what Christian Bale had to do for the role and put on a ton of muscle, would you have laughed at them? Bale was coming off *The Machinist* and weighed around 120 pounds, and he had to get all the way up to about 220. There are some actors who don't equate weight loss or gain with fine work. But there are certain roles [for which], if you're really conscientious about it and involved, you have to gain weight or lose weight.

Fad diets, though, have always been a part of Hollywood. Did you ever fall into anything like that?

The diet fads, really, I avoid. I never got into that. If you eat properly and get the right rest and exercise, you'll be fine. I know that sounds a little trite, but it's true. You can stay in pretty good shape.



To Bulk Up, Lift This Bottle Three Times Daily.

There's a science to meaningful weight gain. It's called **CB-1®**.



With so much attention focused on weight loss programs, it's easy to forget that there are people out there—men and women like you—who aren't trying to lose weight. They're trying to gain it.

But what can you do to combat a weak appetite or a fast metabolism—the enemies of meaningful weight gain? You can try a weight-gain program that's safe, scientific, and that actually works. One of the most advanced is CB-1® Weight Gainer, from Supragenix®.

CB-1 IS ENGINEERED TO STIMULATE APPETITE AND SLOW METABOLISM.

The trick to gaining meaningful weight is to consume more calories than your body burns. But if your appetite is weak, you tend to consume fewer calories no matter how much you turn to high-calorie foods and supplements. And if your appetite is normal but your metabolism is fast, your body will burn the calories it needs before it can use them to build body mass.

CB-1 Weight Gainer is scientifically engineered to help you gain weight. It's one of the first supplements designed to do this in two ways: by stimulating your appetite to increase your calorie input, and by slowing your metabolism to decrease your calorie output. This leaves a large surplus of extra calories that your body stores, resulting in healthy weight gain.

On top of all this, CB-1 is safe for all drug-tested sports.



"I tried other weight gainers, but nothing compared to the amount of weight I gained with CB-1. In 3 months, I went from 117 to 153!"

*-Nehemiah**

CLINICALLY TESTED WEIGHT-GAIN PILL.

In an 8-week controlled clinical study, men and women taking CB-1 Weight Gainer for 4 weeks experienced statistically significant weight gain of 0.75 pounds per week on average (considered a healthy rate of weight gain). Just as importantly, during an additional 4 weeks of follow-up, these people were able to maintain the weight they put on with CB-1.

GAIN WEIGHT OR CB-1 WILL EAT THE COST.

The people at Supragenix stand behind CB-1 Weight Gainer. If for any reason you are not satisfied, simply return the product for a 30-day, money-back guarantee less S&H. Their total weight-gain program includes a free, 24-page guidebook valued at \$19.99.

They're also offering free rush processing valued at \$6.99 if you mention this ad.

That's a savings of over \$25 for people who order now.

If you want to bulk up with meaningful weight gain, you'd do well to lift your phone and order CB-1 Weight Gainer today.

"I took CB-1 for two months. I was hungry all the time, and went from 160 to 187 pounds."

*-Derrick F**

*Remunerated customer

YES! I WANT TO BULK UP WITH CB-1.

Please send me an entire month's supply of CB-1 Weight Gainer for \$49.98 plus the Free Weight Gain Guidebook, with Free Rush Processing if I mention this ad. I understand that my satisfaction is guaranteed. If I'm not completely satisfied, you will refund the full purchase price less S&H.

CALL AND ORDER TODAY:

1-800-799-8337

OR FIND US ONLINE:

WWW.CB1WG1.COM

CB-1 WEIGHT GAINER

SUPRAGENIX



The Force of Habit

Doing things the way you've always done them—and not asking questions—will leave you in the lurch. **BY ZACK ZEIGLER**

MY LOWER BACK was severely pissed at me after repping out six sets of squats with 500 pounds*. The throb I felt was of the “someone please remove this goddamn shiv from my lower lumbar region” variety.

Unfortunately, over the past six months, this was a feeling I had grown used to. I'm not a masochist—despite all the evidence to the contrary—so why the hell was I continuing to put my body through the ringer?

The answer: habit.

Since I began lifting at the age of 16, I routinely shuffled through periods of using heavy weight and low reps alternated with higher-volume training. There was no thought involved, just the following of a pattern—even after it was clear that loading 740 pounds** on a barbell for squats at this point in my life wasn't beneficial.

When I was younger and playing sports competitively, the objective was to be the

strongest guy on the field. It made sense to go heavy then, but what purpose does it serve now (when I have to pay for it after every workout)? I had to do some thinking.

The first goal: lean out to look semi-decent in my birthday suit. The second and more important goal was to regain mobility and feel healthy without sacrificing strength. I didn't elicit help from a workout guru or pricey personal trainer to do it. I simply relied on common sense by looking at the movements that I used and then setting out to strengthen the muscles that supported those movements. I spent more time on warmups and post-workout stretches, and I subbed out exercises that produced pain. Instead of pushing myself to PR on weight, I pushed myself to PR for time or reps. And it worked. I can no longer squat 938 pounds***, but I can train four to five times per week and still get up to pee in the middle of the night without hobbling like a geriatric.

Serious gym rats can be prone to tunnel vision concerning exercises when their bodies are begging for change. So if you've hit a wall, whether it's an injury, a sticking point, or mental fatigue, try asking yourself: “What are my training goals?” Give it serious thought. Because the wrong answer may leave you staggering toward the finish line, while a smart one may have you sprinting past it.

* ADJUSTED FOR INFLATION

** TYPO

*** +/- 500-600 POUNDS

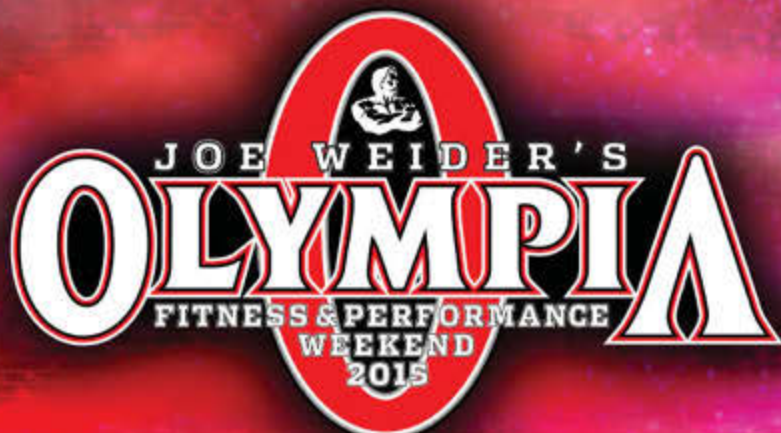
ZACK ZEIGLER

is a senior editor for *Muscle & Fitness* and the proud owner of three overweight cats.



Muscle & Fitness (ISSN 0744-5105) (Vol. 76, No. 3) is published monthly except combined December/January and July/August issues, each of which counts as two of 12 in an annual subscription by Weider Publications LLC, a division of American Media Inc., 4 New York Plaza, 4th Fl., New York, NY 10004. Periodical rates postage paid at the New York, NY, Post Office and at additional mailing offices. Copyright © Weider Publications LLC 2015. All rights reserved. Canada Post International Publications Mail Sale Agreement No. 40028566, Canadian B.N. 89579 2885RT. Copyrighted under the Universal Copyright Convention and International Copyright Convention. Copyright reserved under the Pan-American Copyright Convention. Todos derechos reservados según la convención Pan Americana de Propiedad Literaria Artística. Subscription rate is \$42.97 for (1 yr) 12 issues in U.S.A. In Canada (1 yr) 12 issues \$59.97. Outside of U.S.A. and Canada (1 yr) \$91.97 U.S. Orders outside of U.S.A. must be prepaid in U.S. funds. For Customer Service and back issues call toll-free (800) 340-8954 or write to: Muscle & Fitness, P.O. Box 37207, Boone, IA 50037-0207. SUBSCRIBERS: If the postal service alerts us that your magazine is undeliverable, we have no further obligation unless we receive a corrected address within one year. U.S. POSTMASTER: Send all UAA to CFS (See DMM 7074.12.5); NON-POSTAL and MILITARY FACILITIES send U.S. address changes to: Muscle & Fitness, P.O. Box 37207, Boone, IA 50037-0207. CANADA POSTMASTER: Send address changes to American Media Inc., P.O. Box 907 STN Main, Markham, ON L3P 0A7, Canada. From time to time we make our subscriber list available to companies who sell goods and services by mail that we believe would interest our readers. If you would rather not receive such mailings, please send your current mailing label to: Muscle & Fitness, P.O. Box 37207, Boone, IA 50037-0207. All materials, articles, reports, and photos published in this magazine are the exclusive property of Weider Publications LLC and cannot be used without permission in writing. Muscle & Fitness is not responsible for returning unsolicited manuscripts, photographs, or other materials. Weider Publications LLC and American Media, publisher of Muscle & Fitness, does not promote or endorse any of the products or services advertised by third-party advertisers in this publication. Nor does Weider Publications LLC or American Media Inc. verify the accuracy of any claims made in conjunction with such advertisements. Tile Trademark registered in U.S. Patent and Trademark office. Reprinted by special agreement in England, Germany, Italy, Austria, Japan, Canada, Netherlands, Korea, Poland, Slovak Republic, Lebanon, and China. Printed in the U.S.A.

GETTING HERE IS ONE THING



WINNING IT IS ANOTHER

SEPTEMBER 17-20, 2015

ORLEANS ARENA & LAS VEGAS CONVENTION CENTER



50 YEARS....13 CHAMPIONS

(866) 676-2007 MrOlympia.com IFBBPro.com

© 2015 WorldMags.net

Greg Plitt 1977-2015

Remembering the life and legacy of a fitness icon. **BY SEAN HYSON**

IN JANUARY, **MUSCLE & FITNESS** LOST ONE of its best models, ambassadors, and all-around favorite people. It's not an exaggeration to say that Greg Plitt had one of the most iconic physiques of all time and was among the most popular and inspirational figures the fitness industry ever produced. And while gymgoers everywhere will miss him, those who knew him personally more fully understand what a devastating loss this is, not just to an industry but also to the world at large.

I met Greg 10 years ago when he modeled for some workouts I edited at *Men's Fitness*, and we became friends right away. I can tell you that Greg was exactly the kind of person all his followers hoped he really would be—a genuine superhero. There seemed to be nothing he couldn't do. He was a champion athlete, a captain in the Army Rangers, a fitness model who sported a second-to-none physique year-round, a burgeoning television and movie star, a trainer, a life coach, and an overall force of nature.

I visited him at his apartment when he lived down the street from me in New York City. He had an armoire in his room that looked like something crafted in the Victorian era. I asked him where he got it, and he said, "I made it." Built it himself in his spare time. No big deal.

Greg was a Renaissance man. He had good looks and great genetics, but he wasn't content to rely on them. He was always learning new things and challenging himself. He wanted to learn the guitar, so I showed him a few chords. He seemed to be as excited about that as he was over victories that were far greater.

As his star rose and Greg moved to L.A., I saw him less frequently. Sometimes more than a year would go by without our seeing or speaking with each other. But when I did run into Greg, he knew me right away. That megawatt smile would spread across his face, and he'd charge through whatever crowd of fans he had drawn to give me a big bro hug. And he always wanted to know how I was doing and if there was anything I needed.

Greg never forgot his friends and refused to let his own

“Greg was more interested in hearing how other people were bettering themselves.”

TRUE HERO: Greg loved inspiring people to chase their dreams.

celebrity overshadow any time you spent with him.

For a guy who had so many fascinating stories to tell about life in the Army, making movies, partying in Hollywood (and, yes, having his pick of women), Greg was much more interested in hearing how other people were bettering themselves—how much weight they'd lost or how they were going to keep that promise they'd made to themselves a long time ago.

Almost as hard as accepting that Greg is gone is that he actually could die at all. He seemed invincible to cigarettes, alcohol, war, the wrath of ex-girlfriends...and time. Greg's mortality is a reminder that even the fittest don't always survive and that we all need to appreciate the people we love because they can disappear permanently. And they often do when we're least prepared for it.

It's also a reminder to appreciate our potential as human beings and all the things we're capable of, from building an outstanding body to becoming an outstanding leader, friend, and humanitarian.

That's what Greg was, and those are the things he wanted for everybody.

SEAN HYSON is the training director for *Men's Fitness* and *Muscle & Fitness* magazines.



BEPOWERFUL®

IF IT'S ON THE LABEL, IT'S IN THE BOTTLE



BRINGING THIRD PARTY VERIFICATION TO SPORTS NUTRITION

At BPI Sports we are committed to bringing you the absolute highest quality Sports Nutrition products available anywhere. But now you don't have to take our word for it. We are putting all of our proteins through stringent testing by ChromaDex®, a 3rd party laboratory, and one of the most respected names in Sports Nutrition. The ChromaDex® Quality Verified seal means no protein "spiking" and confirms that product meets specification for ingredient identity, contaminants, heavy metals and microbials. It serves as objective proof that our proteins are compliant with cGMP (Good Manufacturing Processes) and that what you see listed in our ingredients is what is inside our products. Nothing less, nothing more.

TRUTH YOU CAN FEEL.



*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.

bpi
SPORTS

BPISPORTS.COM

HI-TECH'S ELITE TEAM OF DIET & ENERGY MUSCLE & STRENGTH BODYBUILDING PRODUCTS!



IN 4 FLAVORS:



**THE WORLD'S
MOST ADVANCED DIET
& ENERGY AIDS
EVER DEVELOPED!†**



www.hitechpharma.com

For more information, please call 1.888.855.7919.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. This product should not be used in place of or as a substitute for recommendations by your healthcare professional. WARNING: This product can raise blood pressure and interfere with other drugs you may be taking. Talk to your doctor about this product. No clinical study has been done on Viper Hyperdrive®, HydroxyElite™, Lipodrene®, Stimerex-ES®. These statements are specifically based on the active ingredients: [Bauhinia Purpurea L. (Leaf and Pod) Extract, Bacopa (Leaf) (Bacopa Monnieri) Extract, 1,3 Dimethylamylamine HCl, Cirsium Oligophyllum (Whole Plant) Extract, Rauwolfia Extract (Leaf and Root), Garcinia Cambogia Extract, Hydroxy Citric Acid, Acacia Rigidula, Ephedra Extract, Theobromine, Yohimbe, Citrus aurantium, Caffeine, Green tea, 5-HTP, 5-methoxytryptamine and Phenylethylamine.